

Rush reporter

CLASS COMPOSITE INFORMATION

Arrangements have been made with Wyckoff Portraits, Inc. for composite photographs of the graduating classes of 1994 from the Colleges of Medicine, Nursing, Health Sciences and The Graduate College.

The photographer will be on campus in the Student Lounge, 023 Schweppe, on the following dates:

Monday, January 10

1:30 - 7:30 p.m.

Tuesday, January 11

10:00 a.m. - 4:30 p.m.

Wednesday, January 12

1:30 - 7:30 p.m.

Thursday, January 13

10:00 a.m. - 4:30 p.m.

We are requesting that you schedule an appointment in advance through the Office of Student Affairs. Appointments can be made during regular office hours, 8 a.m. - 5 p.m. **BEGINNING WEDNESDAY, JANUARY 5, 1994.** You may stop by the Office of Student Affairs, 023 Schweppe or call us at 942-6302 to schedule your appointment. Times will be scheduled on a first come first served basis. Your sitting will take approximately 15 minutes. **THERE IS NO CHARGE FOR THE SITTING!!**

We hope that all students will have photographs taken so that they may be included in the official University class composite. If you do not choose to order photographs for yourself, at least have your picture taken for the composite.

Information regarding photograph packages (5x7, 8x10, wallets, class composites, etc.) can be obtained from the photographer at the time of your sitting. **YOU ARE UNDER NO OBLIGATION TO PURCHASE ANY PHOTO PACKAGES!**

Questions regarding photographs or class composites can be directed to Ann, Doreen or Cheryl in the Office of Student Affairs, 023 Schweppe, 942-6302.

CELEBRATE THE ARTS

Celebrate the talent of Rush Students and faculty at this annual event sponsored by the Office of Student Affairs.

The week long Art Fair is being held Monday, February 14th through Friday, February 18th in the Rush University Library. Artwork by students and faculty will be displayed. If you would like to share your artwork with us, please contact Ann or Doreen in the Office of Student Affairs, 023 Schweppe, x2-6302.

The Annual Rush University Student/Faculty Music Recital is scheduled for Wednesday, February 16th in Room 500. Room 500 is located on the 5th floor of the Professional Building. Talented students and faculty will be entertaining us with an ensemble of classical favorites.

DEAN'S LIST

The following students from the Baccalaureate programs in Nursing and Perfusion Technology have made the Dean's List for Fall 1993. *Statistics for the Baccalaureate program in Medical Technology are not available at this time and will be printed in a future issue of the Rush Reporter.*

Perfusion Technology

Darrell A. Fox
Pamela J. Kutz
Elizabeth A. Kabrick
Melissa Ostazewski
David Arthur Runyon
Leslie Ann Stoltzner

Nursing

Kara Michelle Aalfs
Colleen Joy Albert
Carrie Ellen Baab
Sean C. Barawell
Leslie Barry
Megan Maureen Bishop
Susan Marie Breitenstein
Maura B. Capaul
Francisco Chang

Julie Anne Chesterton
Joyce Lee Clark
Cara Margaret Coomer
Jacqueline Lee Corso
Laura A. Coulter
Georgia Lynn Curtiss
Stephanie M. Delisi
Karen Jeanne Dummer
Kathryn Lynn Elshoff
Jennifer Katherine Feimer
Shannon Felleeson
Lauren Ezequille Foster
Judith Coleen Ganz
Leslie Gardner
Martha Jane Glynn
Camille Loure Hoffner
Sharon Eileen Homa
Cynthia Lynne Humphrey
Rush Maria Johnson
Sonja Jovanovich
Dianne M. Kessler
Brigid Anne Kiley
Julie Soohyun Kim
Cynthia Marie Kunz
Susanne Clare Lannon
Leslie Lee Long
Kevin D. McBride
Catherine Sue McDaniel
Jody Katherine McGady
Kathleen M. Miksis
Heather R. Moore
Shannon Lyn Morris
Tammy Lee Moyer
M. Elisa Morz
Catherine M. Narcavage
Gary Keith New
Henrietta N. Nkemeh
Kurt W. Ortwig
Helen Rhin Park
John Hamilton Pond
Nancy Kathleen Prentice
Laurie Ann Rentschler
Audrey C. Richardson
Jennifer Ann Riva
Michelle R. Ross
Janean Marie Rullman
Sharyl Lynn Sadowski
Arlene Schwenk
Anne Therese Scranton
Beth Ann Slutsky
Jennifer Noel Snider
Anne Julie Stachnik
Elivra R. Stawarski
Barbara M. Stettner
Deborah R. Stotts
Andrew Joseph Straub
Karen A. Stromsland
Anne Taylor
Bronwyn Watson
Katrina Elisabeth Wright
Linli Xuan

FINANCIAL AID OFFICE

119 SCHWEPPE SPRAGUE HALL

942-6256

SCHOLARSHIPS AVAILABLE FROM VETERANS AFFAIRS

Undergraduate nursing, entry-level master's in nursing, occupational therapy and advanced master's degree students may apply for scholarships through the Veterans Affairs. Recipients of the scholarships are obligated to work in a VA facility one year for each year or portion thereof for which the scholarship is provided.

Scholarships are available for 1994-95 to cover tuition, fees, books and a monthly stipend of about \$621 (exempt from Federal taxes). Request for application forms and general information will be available in the Office of Financial Aid in February, 1994. You may request information directly from the Veterans Affairs Academic Office by calling 202-535-7528. The application deadline is May, 1994.

JEWISH VOCATIONAL SERVICE SCHOLARSHIP

The Jewish Federation of Metropolitan Chicago awards approximately \$150,000 each year to students of the Jewish faith who are legally domiciled in the metropolitan Chicago area who are in need of financial assistance in the helping professions, and who are identified as having promise for significant contributions in their careers. An application and information can be obtained by contacting:

Scholarship Secretary
Jewish Vocational Service
One S. Franklin Street
Chicago, Illinois 60606
346-6700, ext. 21214

The Swiss Benevolent Society of Chicago is offering scholarships to undergraduate students of Swiss descent. Awards are based upon academic merit, not need. Applications must be submitted by March 5, 1994, and are available in the Financial Aid office.

JOSEPH COLLINS SCHOLARSHIP

Medical students who have a demonstrated interest in the arts and letters or other cultural pursuits outside the field of medicine are encouraged to apply for the Joseph Collins Scholarship for 1994-95.

The Joseph Collins Foundation was established in 1951 through a bequest of Dr. Collins for the purpose of aiding needy medical students to complete their M.D. program without sacrificing all other interests in the broad field of learning. The Foundation makes a maximum award of \$2,500 for one year, and the scholarship is renewable.

In addition to outside cultural pursuits, the following criteria are also considered: financial need, scholastic record, and an indication that the applicant intends to specialize in neurology, psychiatry or general practice. If you feel you meet these qualifications, please inform the Office of Financial Aid. The application deadline is February 20, 1994.

THE NICHOLAS J. PISACANO, M.D. MEMORIAL FOUNDATION, INC. (NJPMF) is pleased to announce that it will continue the Pisacano scholarships to medical students for the 1994-95 academic year.

The NJPMF seeks to advance the field of primary care by providing well-educated, community-minded leaders in the primary care movement. By aiding students who demonstrate the highest levels of commitment to Family Practice, scholarship, character, interpersonal skills, and community service, the NJPMF will promote the development of the future leaders in Family Practice.

The Pisacano Scholars program is designed to reimburse a portion of medical school related debt. Scholarships will be awarded to outstanding medical students for a four or five year period. The NJPMF will award up to 10 scholarships with a maximum value of \$50,000 for the 1994-95 academic year.

Students who have made a commitment to the field of Family Practice and who will be entering their third or fourth year in medical school in the fall of 1994 may apply.

Applications are available in the Financial Aid office.

Educational Assessment Systems is offering scholarships to Occupational Therapy Students. Awards of \$2,500 for one year or \$3,000 for two year service commitments are available. Applications will be accepted throughout the 1993-94 school year. Contact the Financial Aid office for further information.

The Jewish Federation of Greater Philadelphia provides loans for medical students. Applicants must be of the Jewish faith, and demonstrate financial need. Applications must be submitted by June 30, 1994, and are available in the Financial Aid office.

The Joanna F. Reed Scholarship is available to permanent residents of Alabama and Northwest Florida. Applicants must obtain recommendations and prove financial need. Applications must be submitted by May 15, 1994, and are available in the Financial Aid office.

FINANCIAL AID NEWSLETTER

Information about applying for 1994-95 and other financial aid notices can be found in the "Financial Aid Newsletter", a new format for distributing general aid info. Information on scholarships and College Work Study positions will still be in the Rush Reporter, since the newsletter is intended to supplement the Reporter articles. Copies of the newsletter can be picked up in the Financial Aid office in 101 Schweppe, the Bookstore, the Rush Library and 7th floor AcFac mailroom. Be sure to pick one up today!

PHONATHON SUCCESS!

For four nights in early November, the Alumni Association held a series of phonathons to raise money for medical student assistance. Our efforts were quite successful, \$26,000 was raised in support of the students and programs of Rush Medical College. We are sincerely appreciative of the efforts of our volunteers and wish to thank them for their hard work and dedication. We could not have done it without you!

Sarang Baman
Cheddie Dixon
Mary Eng
Marty Flynn
Greg Gadbois
Shervin Karimpour
Marius Katilius-Boydston
Jisu Kim
Stuart Lustig
Kiza Pilch
Robin Septon
Mark Stewart
Ramona Walker

Keith Benziger
Jennifer Eiserman
Karen Felton
Ed Fohrman
Shahr Jahanshir
Laura Kark
Deborah Killingsworth
David Loren
Karin Molander
Abbie Roth
Sue Sipay
Kia Swan

We would also like to thank Paul J. Jones, M.D. '83, for his tireless work and efforts on our behalf! Special thanks also go out to those students who volunteered more than one night of their time. You're the greatest.

LIBRARY OF RUSH UNIVERSITY 5TH FLOOR, ACADEMIC FACILITY

Let Your Fingers Do The Searchin'!

If your big holiday gift was a new computer, you can do dial in searching! All you need is a microcomputer, a telephone line, telecommunications software, and a modem to dial into the Library's system. You can access the Library's catalog (LIS) to find books or audiovisuals, miniMEDLINE for article references (1990-93 from all ' journals.

Ethernet/Rushnet/Internet/TCP-IP network connections are also available.

Stop in the Library on the 5th floor, Academic Facility to pick up a new dial-in instructional handout or call the Reference Desk, x2-5952 to have one mailed to you.

Reminders from the Library ...

New students - - Learn how to search the Library's computer systems including numerous databases. Watch for posters listing scheduled class times or stop in for an InfoCONSULT, a customized learning session. Call the Reference Desk, x2-5952 for more information or come in. We're on the 5th floor, Academic Facility.

POINT OF VIEW

While waiting for an elevator on the 4th floor of Jelke, I noticed a flyer for the Lesbian, Gay and Bisexual Student Union meeting which had been defaced with the words "fags!" and "go home!". In addition, someone had even gone to the trouble to create a mock flyer advertising a "Straight Students Group" meeting which was posted next to the defaced flyer. Normally, such predictably childish, hostile and uninformed commentary would be unworthy of notice or comment by those who have an awareness of gay rights and issues. In this instance, however, the slander was too personally disturbing for me to feel comfortable just letting the incident pass without a response.

Although I am not a homosexual myself, I still have a great amount of respect for the lifestyle, and especially for those individuals who would choose it as their own. It is a very difficult decision on their part, and I admire those who have enough courage not to bow to the pressures of conformity place on them by their peers. If certain individuals do not happen to agree with this lifestyle for moral or ethical reasons, that is their decision. Unfortunately, it is clear that, in this case, the hostility directed against homosexuals is based almost entirely in fear and, most importantly, in ignorance. The act was clearly performed by individuals who know nothing about the people and the lifestyle, and more than likely have no desire to learn. It is this aspect of the incident which I found the most disgusting and disturbing. To have supposedly educated medical staff and students with pretension of professionalism espousing such narrow-minded and superstitious garbage in an "institute of higher learning" strikes me as highly hypocritical, verging on unethical.

The key to combating this type of prejudice is education. Of course, I am all too aware of the fact that my letter will probably not reach those individuals who performed this slander and those who share their views, but that does not negate the necessity of a response on my part. Hopefully I can cause at least a few members of this institution to re-examine their own feelings toward homosexuals and become more aware of the various manifestations of this prejudice which confront them every day.

To the perpetrators of the slander, I would like to respond by saying:

You have no right to pass judgment on a group of people about which you know nothing. If you actually had some information on which to base your negative opinions, say, the kind you could get by attending a Rush Lesbian, Gay and Bisexual Student Union INFORMATIONAL MEETING, then you could legitimately state your opposition in a clear and intelligent manner which has a possibility of creating positive repercussions. By senselessly, and namelessly, scrawling slander across a flyer, you commit a very complete act of moral and psychological degradation against an entire group of people, which will only create more hostility on both sides. Your actions will not make homosexuality "go away"; it will only make its eventual acceptance a more slow and painful process for everyone. If, in the future, you choose to ignore my arguments and insist on pursuing this same course of attack, at least have the courage and the courtesy to allow for the open exchange of ideas by taking credit for your convictions, rather than cowering in anonymity.

Chris Morris

Inside the Student Counseling Center

Marilyn Johnson, Ph.D.

Here's a quiz for you:

Have you ever:

1. Had sexual intercourse with a man (*woman*) when you both wanted to?
2. Had a man (*woman*) misinterpret the level of sexual intimacy you desired?
3. Been in a situation where a man (*you*) became so sexually aroused that you felt it was useless to stop him even though you did not want to have sexual intercourse? (*could not stop yourself even though the woman didn't want to?*)
4. Had sexual intercourse with a man (*woman*) even though you (*she*) didn't really want to because he (*you*) threatened to end your relationship otherwise?
5. Had sexual intercourse with a man (*woman*) when you (*she*) didn't really want to because you (*she*) felt pressured by his (*your*) continual arguments?
6. Found out that a man had obtained sexual intercourse with you by saying things he didn't really mean? (*obtained sexual intercourse by saying things you didn't really mean?*)
7. Been in a situation where a man (*you*) used some degree of physical force (twisting your (*her*) arm, holding you (*her*) down, etc.) to try to make you (*a woman*) engage in kissing or petting when you (*she*) didn't want to?
8. Been in a situation where a man (*you*) tried to get sexual intercourse with you (*a woman*) when you (*she*) didn't want to by threatening to use physical force (twisting your (*her*) arm, holding you (*her*) down, etc.) if you (*she*) didn't cooperate, but for various reasons sexual intercourse did not occur?
9. Been in a situation where a man (*you*) used some degree of physical force (twisting your (*her*) arm, holding you (*her*) down, etc.) to try to get you (*a woman*) to have sexual intercourse with him (*you*) when you (*she*) didn't want to, but for various reasons sexual intercourse did not occur?
10. Had sexual intercourse with a man (*woman*) when you (*she*) didn't want to because he (*you*) threatened to use physical force (twisting your (*her*) arm, holding you (*her*) down, etc.) if you (*she*) didn't cooperate?
11. Had sexual intercourse with a man (*woman*) when you (*she*) didn't want to because he (*you*) used some degree of physical force (twisting your (*her*) arm, holding you (*her*) down, etc.)?
12. Been in a situation where a man (*you*) obtained sexual acts with you (*a woman*) such as anal or oral intercourse when you (*she*) didn't want to by using threats or physical force (twisting your (*her*) arm, holding you (*her*) down, etc.)?
13. Have you ever been raped? (women only)

Now compare your answers to those given by a sample of nearly 3900 college students in this country.

| Item | Women % yes | Men % Yes |
|------|----------------|--------------|
| 1 | 75 | 81 |
| 2 | 70 | 53 |
| 3 | 33 | 23 |
| 4 | 6 | 4 |
| 5 | 21 | 15 |
| 6 | 20 | 19 |
| 7 | 30 | 6 |
| 8 | 18 | 2 |
| 9 | 9 | 2 |
| 10 | 3 | 2 |
| 11 | 8 | 3 |
| 12 | 6 | 2 |
| 13 | 6 | - |

You will note that both women and men have experienced sexual intercourse in cer-

tain less-than-ideal situations: fear of losing the relationship, pressure from arguments, and deception. It is only when physical force is used that their experiences diverge. Until recently, few people would have defined forcing a woman to have intercourse against her will as rape if, for example, (a) the male involved was her boyfriend or even a casual date; (b) she had had sex with him before; (c) she had considerable sexual experience; or (d) she said she would have sex with him but changed her mind. The term for forced sex between couples who know each other well or casually is date rape or acquaintance rape.

Growing awareness of the phenomenon of date rape has been spreading in this country, with special attention being paid to incidents on college and university campuses. There is mushrooming literature on the subject, most of it resulting from surveys of female and male college students. The percentage of women who report being

forced to have sex varies from campus to campus: 22%, 25%, 58%, 75%, 77%. Date rape is seriously underreported because it often takes place between intimates and because many women do not initially regard it as rape. Many women will discuss date rape incidents with women friends but will not report them to authorities as they might in cases of stranger rape. Women in serious relationships report feeling more pressure to have sex and feeling that it is inappropriate to refuse even when their partner uses force. At one campus, over 50% of the women reported that they had been pressured to participate in kissing, petting and oral sex with casual dates, and to have intercourse in cases of serious dating. Among another group of college women surveyed, 10% reported that they had had forced sexual experiences within the past year, with penetra-

continued on next page ->

tion occurring in half of the cases; 6% of the men in the same survey acknowledged forcing a date to have sex.

Nearly all of the college surveys inquired into men's experiences as aggressor and as victim and, in most studies, small numbers of men consistently reported being pressured verbally into having unwanted sex; physical force was never used against them. In one study, 74% of college men said they believed that a woman's "no" means "yes". Overall, more men than women condoned aggressive sexual behavior. Another study reported that men whose test scores indicated high sexual aggressiveness and men who believed a large number of rape myths (e.g., women want to be raped, no woman can be raped if she doesn't want it, etc.) were less likely than other men to regard sexual aggressiveness toward women as rape, and they tended to blame women victims more than the other men.

One of the most interesting and well-conducted set of studies on date rape found a replicable pattern: that many men considered date rape is justifiable when (1) the woman initiates the date; (2) the man drives; (3) the man pays for their entertainment and food; and (4) the woman is willing to visit the man's apartment. These findings suggest that women should be nonassertive regarding asking men out and visiting their living quarters and assertive about sharing driving and the cost for the dates(!) The men who felt that date rape was justifiable were usually men who held traditional views of women, who accepted rape myths, and who accepted violence and adversarial attitudes in relationships. In a comparison of male and female opinions on primary problems in dating, 23% of the females cited unwanted pressure to be sexual, while 35% of the males cited communication problems. Finally, as in cases of physical abuse, the person who tolerates sexual abuse in one relationship is likely to face it in subsequent relationships. Two studies indicated that, as dating becomes more serious and leads toward marriage, women experience more sexual pressure and men believe that they have more right to sexual domination.

Date rape is not an issue about which anyone can feel indifferent. One may feel angry that women are exploited in this way; one may feel angry that women are "using" this issue against men. Some may apparently find the whole matter irrelevant—that is, they haven't raped or been raped, so what's

the big deal? Tap this attitude a bit more deeply, however, and you may arrive at a belief that no woman can be raped by someone she knows unless she asks for it, and that she will plead rape, including date rape, to cover embarrassment about her own behavior.

One more list. Consider the following conditions in which date rape may occur and decide where the line between date rape and consent begins to blur for you.

- She has had intercourse with other men.
- She is stoned or drunk.
- She says she will have sex but changes her mind.
- She lets him touch her above the waist.
- They have dated for a long time.
- She has had sex with him before.
- She is wearing suggestive clothing.
- She is out by herself late at night.
- She is living with him but they are not married.
- She is married to him.
- She is married to him but they are currently separated.

Finally, if you feel that you have experienced date rape (or if you are not sure), whether male or female, talk about it. If it has taken place in an intimate relationship and if you love your partner, talk with him or her about it. If it happened in a casual dating situation, talk with a close friend and decide how you want to handle sex in the future. If you don't want to share this with any of your peers, consider coming to the Student Counseling Center and talking it over with one of us. Not talking about something as important as sex won't make the problem go away.

STUDENT COUNSELING CENTER STAFF CHANGES

Dr. Robert Arnone has left Rush, and Chicago, for the northwest. He and his wife moved to the Seattle area at the end of 1993, where both will join private practice groups. We will miss Bob, and wish him the best of luck.

Dr. Hilarie Terebessy joined the staff on January 1. She has been director of the Counseling Center at the School of the Art Institute for several years. Therefore, she is accustomed to working in a small school setting with students undergoing socialization into a profession. Dr. Terebessy will fill Dr. Arnone's half-time slot and will be in the Center two evenings a week, in addition to daytime hours.

TRANSITIONS GROUP CONTINUING

Late last fall, several students from the nursing and medical colleges who were dealing with a number of transitions formed a weekly support group. Some were new to Chicago, some were returning to school after working, some were newly married, some had recently ended relationships, - and some were experiencing nearly all of the above. They felt it would be helpful to meet and talk things over. They invited a staff member from the Student Counseling Center to help facilitate the group.

They will continue the group this winter, and invite anyone who is interested to join them. They meet at the end of the day at Rush. If you would like more information, please contact Dr. Marilyn Johnson at 942-3687.

A MESSAGE TO RUSH STUDENTS FROM MARILYN JOHNSON SPEAKING FOR THE STUDENT COUNSELING CENTER

It has come to my attention that some medical students believe that any use they might make of the services of the Student Counseling Center will be noted in the Dean's Letter which accompanies their applications for residencies. **NOT TRUE.** I do not know the origins of this rumor, but it is completely false.

Confidentiality is essential if we are to provide professional counseling services. Faculty and deans understand this and do not attempt to solicit information from our staff. We inform students that we would consider breaking confidentiality only if the student were a serious threat to himself/herself or to another person. If you would like to discuss this with me or with any of the other psychologists on the staff, please give us a call at 942-3687. Finally, I would appreciate it if the people who have this misunderstanding would let me know how it came about. I would regret it deeply if any student avoided using our services because of misinformation.

RUSH UNIVERSITY PROGRAM IN HEALTHCARE AND HUMANITIES SPONSORS SECOND ANNUAL ARTS COMPETITION

The theme for this year's competition is "Art and Healing: Perspectives on Health and Illness." This year's competition will allow you to enter in more than one category. The categories include:

- Literary
- Musical Composition
- Visual

Photography, Drawings, Poetry, Non fiction, short fiction, humor, and musical compositions are all welcome. The theme is intended to guide the creation and not to assign the artist a didactic role.

A prize of \$150 will be awarded in each category. Each category will be judged by three Rush employees with expertise in the particular area. Entries will be anonymous to the judges. The competition is open to students, faculty and employees. Persons may submit more than one entry.

The deadline for submissions is January 21, 1993. Send your entry with a cover sheet containing your name, address, and title of the work to: JoAnn O'Reilly, Associate Director, Rush University Program in Healthcare and Humanities, 7SSH. For more information contact or to receive a copy of submission guidelines call x25571.

Awards will be made during the Celebration of the Arts Week, February 14 - 18, 1994. Watch for the announcement.

JAMES A. CAMPBELL DISTINGUISHED LECTURES

During the winter quarter, the Rush University Program in Healthcare and Humanities is sponsoring a series of three James A. Campbell Distinguished Lectures. The theme of the lecture series is "Art and Healing". This series of lectures and seminars is available as a one credit course for students in the College of Nursing and the College of Health Sciences and is also available for CEUs and CMEs. The schedule of each of the lectures is as follows:

.....1.....

Wednesday, January 19, 1994

Barbara Maria Stafford
"The Aesthetics of Medical Ethics"

Lecture: 12:00 - 1:00 p.m.
Seminar #1: 1:15 - 2:30 p.m. with Barbara Stafford
Location: 540 AcFac

Wednesday, January 26, 1994

Seminar #2: 12:00 - 1:00 p.m. with Rush Faculty
Location: TBA

.....2.....

Thursday, February 17, 1994

Harold Klawans, M.D.
"Dinner for Two at David's or What the Waiter Heard"
(A Theatrical Production)

Play: 12:00 - 1:00 p.m.
Seminar #1: 1:15 - 2:30 p.m. with Dr. Klawans and members of the cast
Location: A.B. Dick Auditorium

Thursday, February 24, 1994

Seminar #2: 12:00 - 1:00 p.m. with Rush Faculty
Location: TBA

.....3.....

Wednesday, March 9, 1994

Whitney Addington, M.D.
"Values in Healthcare Reform"

Lecture: 12:00 - 1:00 p.m.
Seminar #1: 1:15 - 2:30 p.m. with Dr. Addington
Location: 540 AcFac

Wednesday, March 16, 1994

Seminar #2: 12:00 - 1:00 p.m. with Rush Faculty
Location: TBA

We will also be joining with the Office of Student Affairs to Celebrate the Arts and Healing with a week of activities. The intent is to raise awareness about the many ways in which art is present and used in the medical center. The activities which are already in the planning or are being explored include:

- Music Recital
- "Dinner for Two at David's or What the Waiter Heard", A.B. Dick Auditorium, February 17, 1993, 12:00 - 1:00 p.m.; finger food will be served.
- An Exhibit of Student and Faculty Art in the Rush Library
- An Historical Exhibit from the Archives
- Patient Art in every building
- A contribution from Biomedical Communications
- Notes for a self-guided tour of the exhibits and existing art in the medical center
- Food and Art and Healing
- A Second Annual Arts Competition

Develop your imagination, use your creativity and get involved in some aspect of the Celebration.

COLLEGE OF NURSING

OFFICE OF STUDENT SUPPORT SERVICES

Advisor/Advisee Luncheon

Tuesday, January 4, 1994 from 12:00 - 1:00 p.m.

The Office of Student Support Services will sponsor a Luncheon for Students and Faculty in the Schweppe Auditorium. This will allow the junior and senior students to interact with their advisors.

Preparation for Graduation

Learn about applying to take the NCLEX exam and the new computer assisted mode. Hear about what you need to do to seek employment at Rush, especially if you were a Nursing Service Scholarship recipient. This session will be **TUESDAY, JANUARY 18, 1994 from 11:30 a.m. - 1:00 p.m. Room TBA.**

Career Fair - Seniors and GELS

Learn more about various career options in nursing and graduate study. Think about planning your career and where you want to be in 1 year or 5 years. This event is planned for **TUESDAY, FEBRUARY 15, 1994 from 11:30 a.m. - 1:00 p.m. in Schweppe Auditorium.** Refreshments will be served.

Routine Student Requests

In order for our office to serve you better we are asking that students fill out a request form that is located in 1418 SSH Office of Student Support Services. Requests for copies of health forms or signatures on forms and references can be handled in 24 to 48 hours.

There's a drop slot located outside room 1418 SSH if you want to leave forms to be picked up the next day. Other requests such as appointments may be obtained by telephoning ext. 25317.

MIXED COUPLES DISCUSSION GROUP FORMING

A group for mixed couples is forming. Couples of different races and/or religions often face difficulties with their families, and between themselves. In some cases, the larger society frowns on these relationships. The Student Counseling Center was invited by a student to explore Rush students' interest in forming a discussion group for these couples, in order to share their stories and their solutions.

This group will meet at the end of the day as one of the partners will probably be working during the day. An initial meeting has been scheduled for **TUESDAY, JANUARY 11 AT 5:30 p.m. IN 836 SCHWEPPE.**

If you would like to attend, but cannot make the first meeting, or if you would like more information, please telephone Dr. Marilyn Johnson at 942-3687.

ATTENTION NURSING STUDENTS "Tea for You"

The Gamma Phi chapter of the Sigma Theta Tau International Honor Society invites all potential inductees to attend an "Invitational Tea" in the medical center's Room 500 on Tuesday, February 8, from 4:00 to 5:00 p.m. Potential candidates for membership include the following:

- Juniors or seniors who have completed at least half of their course work and have a GPA within the top 35% of their class (at least 3.0; TBA in January);
- Masters level students who have completed at least 25% of their course work and have a GPA of 3.5 or greater; and
- Doctoral students who have also completed at least 25% of their course work and have a GPA of 3.75 or greater.

Information about Sigma Theta Tau and, in particular, the Gamma Phi Chapter will be provided at the Tea.

Formal letters of invitation to join Sigma Theta Tau will be distributed in mid-February, so watch for information in your mailboxes and in posted notices throughout the medical center.

Placement Files

On Monday, January 10, 1994 all **undergraduate Nursing** students scheduled to graduate in June will receive, in their mailbox, a packet of information needed to establish a placement file. These confidential files are maintained in the Office of Student Affairs for 5 years after your graduation from Rush. As a service to you, the information contained in your file can be forwarded to perspective employers upon request.

Each information packet will contain a biographical information sheet, a release form and three reference forms. The reference forms are standard and should be used when soliciting recommendations from faculty or supervisors. A placement file will not be established for you if you do not submit the necessary paperwork.

If you have any questions regarding the information packets or placement files in general, please see Doreen in the Office of Student Affairs.

SNMA Rush Chapter Presidents Report November 1993

Greetings from the Student National Medical Association.

Winter/Spring Quarter 1993:

Many of our members conducted tours for minority applicants, volunteered at St. Basils Free People's Clinic, Henry Horner tutoring, R.A.I.D.S. which is a program to increase awareness regarding H.I.V. among high school and grammar school students in the Chicago area, and Cook County Hospital. We also hosted a HPREP tour for visiting high school students.

Summer Externs 1993:

Two of our members served as tutors for the Robert Woods Johnson Project, a pre-matriculation MCAT preparatory course for 8 weeks. We also had members to participate in research projects, family practice externships as well as participation in the Health Promotion/Disease Prevention Externship sponsored by the National Health Service Corps.

Fall Quarter 1993:

By way of introduction the new administration hosted a welcome brunch for the incoming minority M1 students. Thanks to the Office of Student Affairs and our regional director, the brunch was successful in establishing visibility and camaraderie between the M2 and M1 students. Because the brunch was held during orientation week it also allowed the SNMA to increase its membership before other student organizations and the onset of classes had any impact. We also provided members with insight for the busy year ahead.

The Executive Committee was invited to make a presentation to the Alumni Association of Rush Medical College as part of an update on the medical college. Our panel presentation emphasized a brief history of the SNMA and the goals of this SNMA Chapter to maintain visibility, camaraderie and diversity among the Rush student population.

In our first official general membership meeting, thanks to our parliamentarian we instituted Robert's Rules of Order which has proved to be very efficient in conducting old

and new business in a timely manner. Several members also serve on other committees within Rush such as Student Council, Multicultural Affairs, Affirmative Action, Admissions and Student Affairs Orientation.

Our Bulletin Board is used to increase our visibility, diversity, camaraderie and cultural information. For November we commemorated Native Americans by displaying the biography of Dr. Charles Eastman.

Fund-raisers:

Turkey Grams, T-Shirts with SNMA logo, CarePaks are currently underway to offset expenses for national convention. We have also been invited by the Alumni Association to volunteer for Casino Night which is a promotion to raise funds for the Berry Award, a financial aid fund to be designated for African American medical students. Many of our members have volunteered for the Alumni Phonathon which is an effort to solicit funds from alums for student financial aid and support of student organizations.

Academics:

A co-op file is being established to pass on to incoming students. We have also created a Big Sib-Little Sib network as a means of encouraging the M1's to study, share information and persevere. A roster of all SNMA members from the M4-M1 classes as well as minority residents has been compiled to extend the rich resources regarding the Board exams, clinical rotations, and ultimately matching for residencies.

Community Affairs:

We have been trying to establish a link with Hefferan Elementary School to mentor the students and encourage an interest in science and math. However, due to the Chicago Teachers Strike we have not been successful to date.

Regional Convention:

Due to our participation by 8 members in the Convention, we were awarded a trophy for the chapter with the highest members present at the Convention which proved to be a very inspirational event. As a result of this networking experience, we have been invited to meet with the Cook County Black Physicians in hopes of creating our own health care project such as a free peoples clinic possibly in the Englewood community. The Rush Chapter was also elected to host

the regional Convention in the 95-96 school year. A separate regional convention synopsis is forthcoming.

Student Affairs:

In December the Rush chapter will participate in the Festival of Lights which is a new celebration to give students of various cultural backgrounds an opportunity to express their sense of holiday spirit. We will set up a Kwanzaa table and decorate the bulletin board to reflect the principles of Kwanzaa.

This report is respectfully submitted by:

Co-Presidents,

Lori M. Riley and Monique C. Semien

What They're Reading on College Campuses

1. *The Days are Just Packed*
by Bill Watterson
2. *The Bridges of Madison County*
by Robert James Waller
3. *The Age of Innocence*
by Edith Wharton
4. *The Joy Luck Club*
by Amy Tan
5. *Seinlanguage*
by Jerry Seinfeld
6. *Lasher*
by Ann Rice
7. *The Pelican Brief*
by John Grisham
8. *The Golden Mean*
by Nick Bantock
9. *Rising Sun*
by Michael Crichton
10. *Like Water for Chocolate*
by Laura Esquivel

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ACADEMIC SKILLS CENTER

Michael J. Harris, Ph.D., MBA, Director

QUALITY SURVEY/NEEDS ASSESSMENT FOR THE ACADEMIC SKILLS CENTER

This year marks the beginning of the ninth year for the Academic Skills Center. The Center was established in response to a perceived need among Rush students for assistance with a variety of academic performance tasks. Some of these are:

- Overcoming test anxiety
- Learning how to be a better test taker
- Improving writing and reading rate
- Developing strategies for more effective studying
- Managing study (and other) time better

This seems like a good time to find out from current Rush students and other potential users of Center services what they need from, think about, like about and/or dislike about the Academic Skills Center. You might consider this a Quality Assurance check which gives customers of the Center an opportunity to suggest ways it can continue to meet their needs and improve the services currently offered.

I invite any interested reader of this article to take a mini-survey which will be mailed to you on request with a return addressed

envelope. Respondents need not identify themselves, but it would be helpful to know in which Rush University college you are enrolled (Health Sciences, Graduate, Nursing or Medicine), whether you are a Rush staff member or a faculty member and some demographic information about you which does not include your name. This feedback will help the Center be more responsive to your needs for assistance with academic tasks.

Surveys will be sent to a random sample of Rush University students during the month of December. For anyone who reads this article, but does not receive it and wishes to respond, please call extension 2-3227 or stop by room 418 of the Academic Facility for a copy. Faculty members who refer students to the Center and Rush Medical Center staff who would like to make use of the Center (e.g., those who may be returning to college in a degree program after an extended period out of school or who may be taking individual courses and need suggestions on how to improve study skills, test-taking skills, reading speed etc.) should feel free to ask for a copy of the survey.

NOTE

For College of Nursing students who will be taking the Nursing Pharmacology course during the winter quarter of 1994, the Academic Skills Center invites members of that class to make contact about a guided study group which would meet by arrangement at a convenient time once a week. Call Dr. Michael Harris at 2-3227 or stop in room 418 AcFac at your convenience.



On October ninth, a group of eleven Rush Medical College students traveled to Northeastern Ohio School of Medicine to play in their annual flag football tournament. The team turned in an outstanding performance despite the frigid temperatures in the seventeen team division. The representatives from Rush competed against Northeastern Ohio, Medical College of Ohio, and Case Western Reserve medical schools as well as resident teams from several local Ohio hospitals in the six game/one day tournament. The Rush team consisted of Joe Axelrod, Tom Burns, Ron Champagne, Dale Dellacqua, Frank Gentile, Pete Kamhout, Chris Lipinski, Dana Tarandy, Rob Riggs, Mark Stewart, and Art Williams.

HEALTH AND FITNESS NEWS

Make 1994 your healthiest year ever by becoming fit and eating right! The following Health and Fitness Programs are offered to all students and faculty. For more information on any of the programs, call 942-2817.

AEROBICS

Low impact and step aerobics classes are currently in session. Classes meet throughout the week at 12 noon, 4:30 p.m. and 5:30 p.m. in the Schweppe auditorium. The fee is \$25.00 for 11 sessions (first class is free). Start now and burn off those holiday pounds!

CHOOSE TO LOSE

Learn to successfully manage your weight by enrolling in the 10 week Choose to Lose class. These behavior modification groups are taught by a registered dietitian. Come to the orientation on Monday, January 10 or Thursday, January 13 at 12 noon in 217 SSH to learn more about this successful weight management program.

HEALTH FAIR

The employee health and fitness fair will be held January 5 and 6. Watch for health and fitness literature, raffles for free prizes and blood pressure screening. Location to be announced.

NICOTINE INTERVENTION PROGRAM

A course in smoking cessation will be offered January 17 - March 7 at 12 noon. This class helps you to stop smoking while minimizing withdrawal symptoms. If you're ready to put the pack behind you, give Employee Health and fitness a call (ext. 2817) for more information.

LUNCH 'N LEARN

A brown bag seminar will be offered Wednesday, January 19 at 12 noon in 205 SSH. Simona Reichmann, Ph.D. will discuss how to effectively make behavior changes in your own life. This is a great way to make your New Year's resolution a reality.

IT'S TIME TO ORDER YOUR DIPLOMA

Intent to Graduate forms will be sent during January to students expecting to graduate at the end of Winter, Spring or Summer of 1994. The forms are printed on brown paper and are used to order diplomas. If you do not receive a form by January 28th and expect to graduate this year, ask for a form from the Office of the Registrar, 101 Schweppe Sprague Hall.

Rush Lesbian, Gay & Bisexual Union

We are a social and support group for lesbian, gay & bisexual people at Rush. We would also like to reach-out to the general Rush community. If you would like more information or would just like to talk please give one of us a call:

John Perry
(312) 477 6070

Michele Van Vranken
(708) 795 6450

ENTERTAINMENT

DOUGHNUTS AND MILK DAY

Begin winter quarter by coming in from the cold for a doughnut break! On Monday, January 3, top off your lunch with a doughnut and milk in Schweppe Auditorium. From 12 to 1 p.m. doughnuts and milk will be served to you by the Office of Student Affairs. Here's a great opportunity to relax, have a treat with your lunch, and catch up with friends you haven't seen over the holiday break.

MARDI GRAS

If you can't go to ol' New Orleans (pronounced "Nawlins") for Mardi Gras, where is the next best place??? Well, Schweppe Auditorium of course!! On Friday, February 11, from 4 to 7 p.m., Schweppe Auditorium will be transformed into Bourbon Street - Rush style! Though crawfish are scarce in these parts, we're not short on some of the other important elements of a proper Mardi Gras celebration. The auditorium will pulsate with a Cajun beat while you enjoy refreshments and the company of friends. This fun filled evening is sponsored by the Student National Medical Association. Stop on by because it's sure to be a good time, we guar-an-teeee!

B.Y.O.B.

The first Bring Your Own Banana ice cream party will be held on Monday, February 14, 1994 from 12:00 p.m. - 1:00 p.m. in the Schweppe Auditorium. The event, sponsored by the College of Nursing Alumni Association, is open to all students and faculty of Rush University.

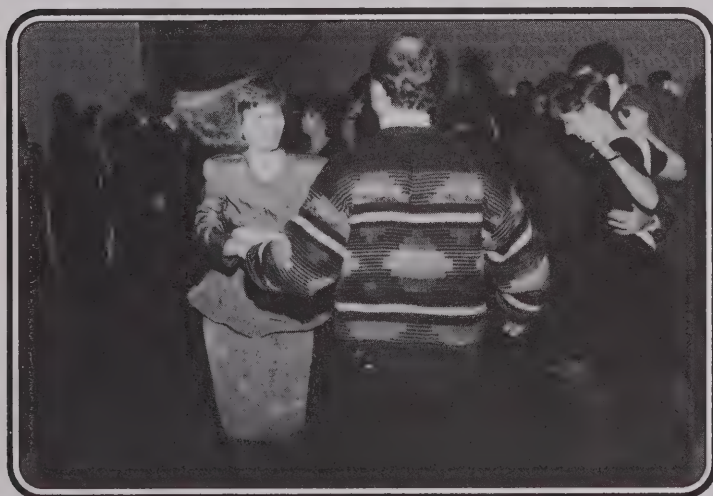
The event will feature all the necessary ingredients (including frozen yogurt) to build a great banana split or sundae. As an added incentive, students bringing in our unique banana shaped invitation will be eligible to participate in a raffle for Cineplex Odeon movie tickets.

Invitations will be placed in student mailboxes one week prior to the event. So keep your eyes PEELED!

AND THE BAND PLAYS ON

Save the date. The Rush Medical College student fund-raiser is back. Plans are underway for the third annual semi-formal reception, "And the Band Plays On!," which has undergone several exciting changes! Tentatively scheduled for Saturday, February 12, 1994, the evening will be held off campus at Cafe on Grand, a wonderful restaurant housed in a renovated warehouse that radiates Chicago Chic. A live band will be on hand to entertain you with a mixture of blues, jazz and rhythm and blues selections. Finally, a buffet of delicious hors d'oeuvres and sweets will tantalize your taste buds. Come alone, with friends or, bring a date, but mark your calendars now. You don't want to miss it. Formal invitations will be mailed to medical students and faculty in early January. Watch your mailbox and the bulletin boards outside of the lecture halls for further details on this exciting evening.

The planning committee, Cheddie Dixon, Greg Gadbois, Shahr Jahanshir, Steve Szczerba and Erwin Thimm are working hard to insure that everyone has a good time. Additional volunteers are needed to help with ticket sales and the acquisition of raffle prizes. If you are interested in helping, please contact a member of the planning committee.



I know I don't get there often enough,
But, God knows I surely try.
It's a magic kind of medicine,
That no doctor could prescribe.

- Jimmy Buffet
One Particular Harbor



JIMMY BUFFET T.G.I.F. AND FASHION SHOW

FRIDAY- JAN. 14

4:30-7:30 P.M.

AT
THE

SCHWEPPE SHORES

- FOOD
- BEVERAGES
- PRIZES

BEACH ATTIRE ENCOURAGED!

Sponsored by:

The Office of Student Affairs
& The Bookstore

If we weren't all crazy,
We would go insane.

- Jimmy Buffet
Changes in Latitude



Printed on Recycled Paper

Rush *reporter*

FILM SERIES MARKS WOMEN'S HISTORY MONTH

The Multicultural Affairs Coalition (MAC) and the Learning Resource Center are co-sponsoring a March film series to mark Women's History Month. Half hour films have been selected in order to allow time for the audience to discuss its response. Films will be shown on most Tuesdays in March in Room 442 of the Academic Facility. Bring your lunch and join us.

March 2nd - Growing Up and Liking It. The monthly menstruation cycle is the subject of this fresh and often humorous video. We meet women of varying ages and cultural backgrounds who share with us the vivid memories of coming of age.

March 16th - And a Time to Heal. Five women who toured Vietnam as nurses share their memories of the war and how it affected them.

March 23rd - Funny Ladies: A Portrait of Women Cartoonists. Lively and intimate portraits of the cartoonists behind America's best-loved comic strips by women: "Brenda Star," "Cathy," "Sylvia," and "Ernie Pook's Comeek."

March 30th - Whisper, the Waves, the Wind. Staged around an art performance held on a Southern California beach, 154 women, ages 60-99, celebrate the qualities of older women.



MATCH DAY AT RUSH

Match Day for fourth year medical students will be on Wednesday, March 16, 1994 in Room 500. We would like you to arrive in Room 500 by 10:30 a.m. At that time you will vote for faculty awards, place your order for commencement announcements, get measured for cap and gown (if you have not done so already) and pay for your senior class party.

After the match, you are invited to attend a party in your honor at Leona's Neighborhood Place, 1936 West Augusta. If you have any questions regarding Match Day or other commencement related activities, please feel free to call the Office of Student Affairs at extension 26302.

COMMENCEMENT PREPARATIONS UNDER WAY

Looking forward to graduation? Who wouldn't be?! The student services staff is already hard at work preparing for the big day. We're ordering diplomas, measuring for caps and gowns, preparing financial aid exit interview materials, etc. **If you haven't already, mark your calendar now for Saturday, June 11th.** The ceremony at Medinal Temple (Wabash and Ontario Streets) starts at 2:00 p.m., but graduates need to be there by 1:15 to "suit up" and find their place in line. As commencement draws closer, watch your mail for important information which will be sent to you. **If you have not been measured for cap and gown, contact the Office of Student Affairs (023 Schwegge, extension 26302).**

If you are graduating this year and have not been sent a brown "Intent to Graduate" form, you need to contact the Registrar's Office (101 Schwegge Sprague Hall, extension 25681). Students completing degree requirements in Winter 1994 (March), participate in the June 11th commencement ceremony. However, Ph.D. and D.N.Sc. candidates may participate in June only if they have completed all degree requirements by May 15, 1994. This includes a signed Dissertation Approval Form. N.D. candidates may only participate if the N.D. project is completed and the signed N.D. Project Approval Form is received by the Registrar's office.

FINANCIAL AID OFFICE

119 SCHWEPPE SPRAGUE HALL

942-6256

1986 TAX LAWS TREAT SOME GIFT AID AS TAXABLE INCOME

Many students ask us whether or not financial aid has to be reported on their federal income tax returns. The federal government answered that question in legislation passed in 1986.

Students who received scholarship and gift assistance in excess of educational costs may be required to report some of the gift aid as income. Specifically, the changes provide that if the total amount of scholarships and/or grants received in the calendar year (January 1993 through December 1993 includes Winter, Spring, Summer and Fall quarters) exceeds the amount paid for tuition and "related expenses", the excess must be included in the recipient's gross income. Related expenses only include books, supplies and instruments. Financial assistance received in the form of loans is not taxable. Contact the Financial Aid office if you have questions.

EXIT INTERVIEWS FOR SPRING GRADUATES

Students who received federal, state or institutional loans are required to have Exit Interviews prior to graduation. The Financial Aid office will be sending information about the Exit Interviews to students with loans. This information is valuable to you as you plan your life after graduation.

1994-95 FINANCIAL AID MATERIALS AVAILABLE NOW

By now many of you have received the Renewal Application for 1994-95 in the mail. This new form has preprinted information and it should take less time to complete. If you did not receive the Renewal Application in the mail, then it is necessary to file a Free Application for Federal Student Aid (FAFSA).

Also new for 1994-95 is an Institutional Application form. This form gives us additional information about you and your family and replaces the FAF or gradFAF form you completed last year for a fee. The Institutional Application also contains the Federal Certification Statement that must be on file each year so it is important that this form is completed by every student applying for financial aid. This form is returned directly to the Office of Student Financial Aid.

The forms are available NOW from the Financial Aid office or in the 7th floor AcFac mailbox area. You should be picking up three items: (1) the 1994-95 Financial Aid Handbook; (2) the Free Application for Federal Student Aid (FAFSA) - if you did not receive the Renewal Application; and (3) the Institutional Application for Financial Aid.

Please call or stop by Financial Aid if you have any questions. The priority deadline for submission of the Renewal Application or FAFSA is May 15.

LOAN FORGIVENESS/REPAYMENT LISTING

The AAMC has just published a listing of states which have a loan repayment or forgiveness program for medical and nursing graduates. This book is available in the Financial Aid office for review.

SCHOLARSHIP INFORMATION

The Metropolitan Chicago Healthcare Council is offering scholarships to students in undergraduate nursing and allied health programs. Awards may be based upon financial need, ethnic minority, bilingual ability (Spanish/English), or academic achievement. Assistance is also available for child care expenses. Applications must be submitted by June 1, and are available in the Financial Aid Office.

Educational Assessment Systems is offering scholarships to Occupational Therapy Students. Awards of \$2,500 for one-year or \$3,000 for two-year service commitments are available. Applications will be accepted throughout the 1993-94 school year. Contact the Financial Aid office for further information.

The Jewish Federation of Greater Philadelphia provides loans for medical students. Applicants must be of the Jewish faith, and demonstrate financial need. Applications must be submitted by June 30, 1994, and are available in the Financial Aid office.

The Joanna F. Reed Scholarship is available to permanent residents of Alabama and Northwest Florida. Applicants must obtain recommendations and prove financial need. Applications must be submitted by May 15, 1994, and are available in the Financial Aid office.

The Swiss Benevolent Society of Chicago is offering scholarships to undergraduate students of Swiss descent. Awards are based upon academic merit, not need. Applications must be submitted by March 5, 1994, and are available in the Financial Aid office.

ProTherapy of America is offering a \$5,000 grant to physical and occupational therapy students in their final year of study. Awardees must agree to a one-year commitment, and will receive an attractive benefit package which includes furnished housing and continued educational funding. Applications may be submitted at any time, and are available in the Financial Aid office.

LaPorte Hospital (Indiana) is offering scholarships to students in their final year of studies in exchange for a one-year service commitment. Qualifying areas of study include medical technology, occupational therapy, respiratory therapy, and nursing.

Applications must be submitted by June 1, and are available in the Financial Aid office.

VA Scholarship information for nurses, nurse anesthetists and occupational therapists is available in the Financial Aid office. The application deadline is May 31, 1994. For further information call extension 26256 or stop by the Financial Aid office, 101 Schweppe Sprague.

SNA CORNER

As everyone is beginning to study for finals and think about spring break, the SNA is planning a number of events for the upcoming months. New officers were elected in February and are as follows:

President - Kathy Miksis
Vice-President - Krista Samatas
Secretary - Julie Gaca
Treasurer - Roberto Cantore
Convention Coordinator - Julie Kim
Membership Recruitment - Deanne Reedquist
Newsletter Editor - Kerry Quinn

The new officers are all excited about the upcoming year and hope that everyone gets involved in the planned events.

The SNA National Convention is coming up in April and all SNA members are welcome! It is being held in Philadelphia from April 20 through April 24. If anyone is interested, talk to one of the officers for details. Other upcoming plans include the Adopt-a-School BakeSale and a Navy lunch. There is also another equipment sale coming up. Contact an officer for an order form.

SNA is also getting ready for the new nursing students starting in June and September. A "Big Sib" sign-up list will be coming around soon. Be sure to sign up if you would like a "Little Sib" next year! You can help them adjust to Rush and encourage them to become involved in SNA! Anyone not involved in SNA, but would like to be, contact an officer for membership details. It's a lot of fun and, yes, it looks good on a resume!

OTSA PUBLISHES FUND-RAISER COOKBOOK Featuring 150 Easy Recipes for Your Rush Hour

The Occupational Therapy Student Association (OTSA) announces the sale of its first ever cookbook, **Rush Hour**. Its pages are filled with a collection of favorite recipes that range from vegetarian pizza to chicken soup to gooey butterscotch brownies. All of the recipes were contributed by the first year occupational therapy students and some of the department faculty and staff. The cookbook also includes \$3.60 worth of money saving food coupons and helpful cooking tips.

The project is a fund-raiser of OTSA that will support student attendance at the 1994 American Occupational Therapy Conference. In addition, OTSA is raising funds for Lydia's House, a shelter that offers a safe haven for battered and abused children.

Cookbooks are available for \$10 through the Rush University Bookstore, at any OTSA bakesale or through participating occupational therapy faculty and students.



Rush University Occupational Therapy Student Association members
invite you to purchase their first ever cookbook **Rush Hour**.

WHAT IS NSSHLA?

NSSHLA stands for National Student Speech Language Hearing Association. NSSHLA was founded in 1972 and is the national organization for students who are interested in the study of normal and disordered human communication behavior. Membership to NSSHLA provides students with opportunities such as interactions with other professionals, assistance in transition from student to professional concern, and professional growth derived from participation in NSSHLA activities and programs.

Rush has its own NSSHLA chapter consisting of 21 members who are working on their master's degree in speech-language pathology or audiology. This year Rush NSSHLA has been involved in such activities as volunteering in the Johnston R.

Bowman Center for the Elderly and in a clothing/food drive with the Pacific Garden Mission Center for the Homeless. On February 26, NSSHLA members will be participating in the Jazzercise-a-thon being sponsored by Rush to benefit Breast Cancer Research.

The members of NSSHLA would like to announce this year's new officers. Co-Presidents: Holly Buckley and Tracy Mattingly, Vice-President: Jill Salisbury, Treasurer: Dawn Chamberlain, Secretary: Karen Smith, Faculty Advisor: Ellyn Daskal. NSSHLA would also like to thank last year's officers - Co-Presidents: Laura O'Connor and Susan Calzada, Vice-President: Kathie Pass, Treasurer: Amy Wurster and Secretary: Nancy Callans for their contributions to our organization. We wish you luck in your future careers.

Inside the Student Counseling Center

Marilyn Johnson, Ph.D.

*After Dr. Vicky Guzman de Luna graduated from medical school in 1970, she began wandering the backroads of El Salvador, ministering to rural patients. Since that time, she has practiced medicine in isolated villages and has developed health education and hygiene programs; four years ago she founded the Salvadoran Association for Rural Health. This program recruits young volunteers to go into villages to teach basic hygiene and prenatal care and to organize vaccination campaigns. The government has been far from supportive of these efforts. Dr. Guzman has been threatened and put under house arrest, and a senior aide disappeared three years ago. Still, she is resourceful. When the army assigned two soldiers to follow and watch her, she recruited them to help her and they did, teaching reading and developing Alcoholics Anonymous groups.

*Phil Buchacher, an employee of the California State Lottery, was diagnosed with AIDS. When he was hospitalized for pneumonia, his co-workers in the San Francisco District Office collected \$1000 to enable him to travel home to visit his family. These co-workers responded again when his condition worsened. They realized that his leave time would soon be exhausted and that he would lose his job and be left to exist on a \$500-a-month disability check. An enterprising colleague learned that time benefits could be transferred from employee to employee and sent a letter describing Phil's situation to every Lottery employee in California. Donations of vacation and compensatory time poured in. One man Phil never met donated his entire two-week holiday. When the supply of 117 days is about to be exhausted, his co-workers say they will solicit more gifts of time.

*A Rush medical student passes many homeless Chicagoans on his way to school each day. Their appeals have touched him; he is well fed, well housed and in good health and he is grateful for his good fortune. He felt a need to do something so he gave them money but soon learned that this went for alcohol. Then he offered el tokens but these were not welcomed; the "dollar for the

el" requests were not genuine. Instead of condemning these people, he hit on a creative solution: he now gives McDonald's coupons. He knows they will get warm food and he can rest easier.

The common theme in these stories, of course, is generosity of spirit, gifts of time, effort and money. The religious term for such behavior would probably be goodness; psychologists define it as altruism. Altruism (1) is directed at helping another; (2) involves risk or sacrifice; (3) is accompanied by no external reward; and (4) is voluntary. Many people dispute the existence of "pure" altruism; they feel that others rarely act out of a higher motive than enlightened self-interest. Is there really a selfless act, they ask? Examine motivations thoroughly enough and you will find self-interest, they say. Those who do believe in the existence of altruism, on the other hand, regard it as a quality existing in all societies, one which is required for life to continue. They argue that unless some of us are willing to sacrifice ourselves (e.g., in defense of others or ourselves, in rescue attempts), other aggressive forces will gradually alter or end our existence.

As a believer in the value of altruism, I am interested in understanding and promoting it. How do we learn to become altruistic? Sociobiologists regard altruism as a genetic trait and emphasize its survival value (see previous paragraph); obviously most of those who sacrifice themselves for the greater good must have passed on their genetic material before their destruction. Psychoanalytic theorists view altruism as the end product of the child's identification with moral individuals, usually parents; social learning theorists describe the development of altruism as a process of reinforcement (for acts of goodness) and modeling (of altruistic people). Same results, different vocabulary. Theorists of cognitive development believe that all individuals progress through six stages of moral development over the life span with only the rare person (e.g., Jesus, Ghandi, Martin Luther King, Jr.) attaining the final stage. Altruism characterizes the highest stages.

Most of these theories were developed in the consulting room or the laboratory. Another approach to studying the origins of altruism has been provided in research on Europeans who rescued Jews during World War II. They voluntarily helped others at risk or sacrifice to themselves and gained no external reward for their courageous acts. Researchers identified a number of qualities which characterized these supremely altruistic human beings, three of which were particularly salient. *First*, they identified with a morally strong parent and acted on their examples; the rescuers spoke with admiration of the strong values held by their parent(s). *Second*, they had a sense of adventurousness; they were not wild or reckless but neither were they frightened to take purposeful, humane action. *Third*, they had empathic imaginations which enabled them to identify with the plight of the individuals they saved; related to this empathic ability was a lack of racial and class prejudice. This research and most of the theories underline the importance of rearing unprejudiced children and imparting a strong moral sense to them.

Reports of altruistic acts are welcome at any time but especially now when the news is filled with stories of violence and neglect. Filmgoers apparently agree, since audiences are flocking to "Schindler's List", to "Philadelphia" and to "In the Name of the Father", all stories of struggles against injustice on the part of people who risk a lot to make the battle.

So let's hear it for generosity of the spirit like that of Vicky Guzman, or Phil Buchacher's co-workers, or the Rush student. None of these people gave because an organization asked them to do so, rather each saw a need and stepped in to fill it. Good for them.



NURSES CHRISTIAN FELLOWSHIP

A TOUR IN THE CAVERN An Illustration of Life

Florence C. Roque,
NCF Executive Officer

For the fall break, I spent seven days in New Mexico, my husband's birthplace, celebrating his birthday. On November 29, 1993 I experienced a black-out. It wasn't the kind that substance abusers experience. This black-out was the darkest darkness imaginable, 750 feet below sea level, at the Carlsbad Caverns.

Part of the 29.7 mile cavern experience was a tour that lasted for about one hour. Several types and various shapes of lime deposits have accumulated from droplets of ocean H₂O, fresh H₂O, O₂, CO₂, and other minerals in the air and the soil. The result of the droplets are "stalactites" (formations hanging from the ceiling), and "stalagmites" (formations that grow on the ground) which have formed over the last ten thousands of years. Isn't it amazing that water can turn into rock?

In the middle of the tour, the ranger guide asked the "Great Bat" to shut off all artificial sources of light and told us to sit still and try to listen. All tourists (about 20 of us) sat still on the cold rocks for a minute. In the seemingly eternal silence one could feel the gentle air on his nose. It was musky, damp, but cool. There was no hot nor chilly wind.

In the pitch-blackness, the ranger asked us to put our hands in front of our faces and wave them. All of us agreed that we couldn't see our hands, not even a shadow. I cuddled to my husband as the ranger explained how the old explorers had to get used to this darkness with a kerosene lantern. I kept hoping he'd light a match or something... but he didn't. He asked us to listen for a moment. There were no voices, no rustle of trees, no traffic sounds, not even the sound of wind in your ears. There was not a sound - EXCEPT for the tiny drops of liquid coming from the ceiling and dropping on what sounded to be rock. The ranger explained that this is sometimes what drives

cave explorers crazy while at work - the cave's silence.

According to the guide, in 1878 the first explorer, Mr. White, panicked when he experienced this same sort of black out. He was so disoriented that he ran onto a formation and fell flat on his face. All he had to do was take his extra piece of rope in his knapsack, put it into the kerosene in his lantern, and re-light it. After what seemed like an eternity, the ranger guide lit his lantern to show how much light could be shed, indeed, from only one lantern.

"You have to take extra sources of light," he told us. "You have to have at least two other explorers with you - one to get help and the other to stay with you, in case of trouble." The "Great Bat" re-lit the rest of the lighting and we went on our way out of the caverns safely.

Life's journey is similar to that journey inside the caverns. When you start, you're full of energy and enthusiasm, confident that you'll be successful and that you'll come out victorious over whatever hurdles may come your way. You walk along life's paths and you expect to experience all the best of amazing things. Then a black out occurs when you least expect it. Just when Mr. White was so busy with his work that he forgot to check his fuel, so we, too, can get so wrapped up in our busy schedules that we forget to get "refueled" with God's source of strength, or with our family and friends' support. We may start to get anxious, or even panic, when all we have to do is use the source of power that was always available to us through prayer and the reading of God's Word. Psalm 119 says, *"Thy Word is a lamp unto my feet and a light unto my path... Your Word will I hide in my heart, that I may not sin against God."*

Just as we heard the tiny drops of water from the ceiling amidst the eerie silence, seemingly assuring us of life, in our life's journey, Christ, the Living Water, gives us hope that there will be a better day tomorrow, if we keep faith.

The extra sources of light and the necessity of two co-explorers to me signified how important preparation and support are in every aspect of life. As a student nurse, it was important for me to be prepared not only for the NCLEX, but for my life as a nurse. Nursing does not stop when you clock out. It extends to whatever other circles you are involved in daily. Support is vital in my life. How many times have I actually panicked

over an impending test or paper and almost gave up were it not for my husband, my parents, the Roques, and my loving family 10,000 miles away? I couldn't count the times my NCF friends have encouraged me through a hug, a smile, or a sincere prayer with me.

Well, this life's "tour" as a student nurse is almost over. Just three more months, as a matter of fact. The "light at the end of the tunnel" gives me hope for a challenging career that has already started to change my life as a nursing student.

Another "tour" awaits me - with more challenges, and unavoidable "black-outs." With God as my Source of Power and the support from my family and friends, I hope to be prepared to be that "spark" in the place where He puts me. I hope to be prepared for what lies ahead in my life's journey.



ACADEMIC SKILLS CENTER

Michael J. Harris, Ph.D., MBA, Director

NEUROPSYCHOLOGICAL THEORIES OF MEMORY: BEHAVIORISM AND COGNITIVISM

Excerpted from: Petri, H.L. and Mishkin, M. 1994. Behaviorism, Cognitivism and the Neuropsychology of Memory. *American Scientist*, 82 (1): 30-37, January-February.

There are two major lines of thought about how human beings learn - behaviorism cognitivism. In the former, the emphasis is on automatic or mechanical learning. In the latter, the emphasis is on information storage, the making of associations and on the use of insight from past experience to devise new behavioral solutions to problems faced. It seems to Petri and Mishkin that the brain has two systems for learning - habit based (behavioral (e.g.. learning to smoke or mastering some complex task in the surgical suite) or memory based (cognitive (e.g.. learning the rules of a game or accumulating the course content of pharmacology or physiology). They believe that both systems may be simultaneously active during learning.

The authors define a two system learning model which separates memories (cognitive) memories from the other which is involved in the development of (noncognitive) habits. Memories are stored information that is available to cognition, i.e. information that can be known. A habit system, on the other hand, would store learned behavior that is not necessarily available to cognition. They assume that, because this dual-system model appears to be operative in lower primates, it also explains human learning because the impacted relevant physical structures in the brains of both are homologous.

In the cognitivist view of learning, stored neural representations of recognizable stimuli are first recognized and then connected to create associations. Neuroscientists base cognitive theories on deficit experiments performed on animals and on the sequelae of surgical interventions in humans. Much of the early work focused on the hippocampus, which when damaged, resulted in variable, but global, anterograde amnesia.

Mishin in a series of studies which began appearing in 1978, found that anterograde amnesia could be created by removal of not only the hippocampal tissue, but also the underlying amygdala and cortex. He examined task performance by experimental animals which involved visual recognition of an object. In these delayed non-matching experiments, he found a failure to form association in these visual cueing tests. Similar results were found in tactile cueing tests. Subsequent studies have indicated that it is primarily damage to the perirhinal and entorhinal cortical areas which causes the anterograde amnesia. Damage to the medial portion of the diencephalon, the thalamus and to the mamillary bodies can also result in human amnesia.

A colleague at the National Institutes of Mental Health of Petri and Mishkin, Robert Desimone, summarized investigations on single neuron recordings and spoke of "tuning" of neurons to shape or other sensations by perceptual experience. Neurons can undergo adaptive filtering in which they use stored information to filter new information for similarities. They can undergo sustained activation thus providing a mechanism for working memory. They can also engage in association, the pairing of different stimuli.

With respect to the non-cognitive habit system, it has been found that persons who suffer from anterograde amnesia can still learn and retain certain tasks. The available, albeit sparse, evidence for an anatomical locus for the non-cognitive system implicates the extrapyramidal system of the forebrain. Specifically, the evidence identifies the basal ganglia, containing the caudate nucleus, putamen and globus pallidus and related structures as part of the habit circuitry.

Even though the learning of habits may be part of a "lower" level system, the associated circuitry may be quite complicated. Multiple circuits may be involved and habits may be "stored" in more than one part of the brain. It is also likely that habits may be formed by classical or Pavlovian conditioning. Theory suggests that what is stored in the habit system is the probability of that a stimulus will elicit a response. This probability is determined by previously reinforced pairings of stimulus and response.

The product of habit learning is assumed to be a stimulus-response bond not accessible to conscious experience. It is merely a tendency to respond in a particular way in a particular situation. Awareness is not required. Response probabilities apparently develop gradually as the result of repeated exposures, each of which incrementally changes the stored response probability.

In a model proposed by Robert Rescorla, associations observed after instrumental conditioning may be made between a response and its reinforcer (e.g. some reward such as food or a shock), between a stimulus and its response and, perhaps between a stimulus and its reinforcer. In this model, the stimulus-reinforcer association is mediated by the memory (cognitive) system while the habit system mediates the stimulus-response association. Either system may moderate the response-reinforcer association.

Access to information in the two systems is clearly different. The contents of the habit system, though evident in behavior, appear to be usually unavailable to conscious awareness. The contents of the memory (cognitive) system are readily available to conscious awareness are easily manipulated to form new and novel associations.

The value of the information presented may be that means may be found to open doors to increase the efficiency of the learning process by considering and developing ways to connect the two modes of learning and/or to enhance their respective strengths.

References:

- Desimone, R. 1992. The physiology of memory: Recordings of things past. *Science* 258:245-46
- Miskin, M. 1978. Memory in monkeys severely impaired by combined but not by separate removal of amygdala and hippocampus. *Nature* 273:297-98
- Rescorla, R.A. 1987. A Pavlovian analysis of goal-directed behavior. *American Psychologist* 42:119-129

COLLEGE OF NURSING

OFFICE OF STUDENT SUPPORT SERVICES

Master's Students - Advisor/Advisee Lunch

Please have lunch with your advisor, compliments of the College of Nursing. The Faculty/Student Advisory Committee has scheduled this event for Tuesday, March 29 from 11:30 a.m. to 1:00 p.m. Please plan on attending!

ATTEND AND BRING A FRIEND!

Graduate Student Recruitment Open House

Do you want to be a Nurse Practitioner or Clinical Specialist? Come and learn about graduate study opportunities at our College of Nursing on Saturday, March 12 at 10:00 a.m. We'll be on the fifth floor of the Professional Building. Follow the signs!

Undergraduate Student Recruitment Open House

The College of Nursing and the Admissions Office are looking for volunteers to give tours at the Undergraduate Open House, Saturday, March 26, 1994 from 10:00 a.m. - 12:00 p.m. For more information please contact Ms. Phyllis Peterson, Director, College Admissions, 119 SSH. Please R.S.V.P. by March 11, 1994.

CONVOCATION AND AWARDS

The College of Nursing annual convocation is scheduled for Friday, June 10 from 1:00 - 3:00 p.m. in the Atrium Lobby. The convocation program consists of graduating prelicensure students receiving their nursing pins. The pins are donated by the Alumni Association. A faculty award recipient and other faculty members elected by students will pin the students.

The program also includes prelicensure and graduate students receiving special awards. The awards are primarily from graduating students with the exception of Kellogg and Golden Lamp awards. A faculty awards committee selects all award recipients. More information will be placed in your mailboxes.

STUDENT INFORMATION SHEET

You may be eligible for a scholarship or an award. A personal history or biographical sketch will help us in choosing and/or screening potential award recipients. Please complete and return a student information sheet available in the College of Nursing, Suite 1418 SSH.

LIBRARY NEWS

MEDLINE TO THE FULLEST!

All MEDLINE files from 1966 to the present will be available March 21! You will be able to access full MEDLINE from your home, office or Library workstations using new search software from CDPLUS Technologies. The following features make this enhancement a welcome addition to the numerous information resources offered from the Library:

DATABASE FEATURES

- Complete MEDLINE database 1966-present
- Additional databases available:
 - CancerLIT 1984-present
 - CINAHL (Nursing & Allied Health) 1983-present
 - Health Planning & Administration 1975-present
 - PsycLIT 1984-present
 - AIDSLINE 1980-present

SEARCH FEATURES

- Easy to use menus
- Natural language words automatically mapped to Medical subject Headings
- Same search commands for all databases
- Can search entire database or limit only to those journals owned by the Library

In addition to these excellent features, CD PLUS from the Library provides searching through one unified search system, meaning ONE SYSTEM TO LEARN! No longer will you have to toil with remembering several different search techniques when moving from one database to another.

The Library staff will offer upcoming demonstrations, classes, and instructional guides. Watch your mailboxes, spot our notices around the Medical Center, and block out the week of March 21 as the beginning of a new partnership between the Library, your information access, and you!!

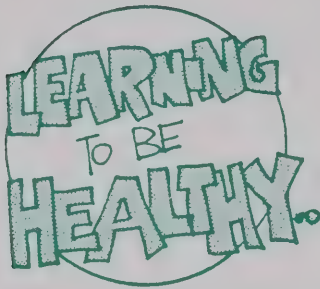
HEALTH AND FITNESS NEWS

Beat the Winter Blahs by Enrolling in the Spring Employee Health and Fitness Programs

These programs are available to all Rush employees, students and faculty. For more information on any of the programs, call 942-2817.

March is National Nutrition Month

Learn how to improve your diet and your health by attending the National Nutrition Month lecture series. These presentations will be conducted by RUSH dietitians and will be held every Wednesday in March from 11:15 a.m. until 11:45 a.m. in Room 210 of the cafeteria. Lunch will be served. Sign up for these informative sessions by calling ext. 22817. Fee \$5.00.



| | |
|----------|--------------------------------|
| March 2 | Fuel for Fitness |
| March 9 | Why Your Pudge Won't Budge |
| March 16 | Fill Up with Fiber Facts |
| March 23 | Fluids: How Much is Enough |
| March 30 | Eating Out without Filling Out |

Aerobics

Low impact and step aerobics classes are currently in session. Classes meet throughout the week at 12 noon, 4:30 p.m. and 5:30 p.m. in the Schweppe auditorium. The fee is \$25.00 for 11 sessions or \$3.00 per single class (first class is free). Get ready for summer by exercising now!

Choose to Lose

Learn to successfully manage your weight by enrolling in the 10 week Choose to Lose class. These behavior modification groups are taught by a registered dietitian and will assist you in building skills for long term weight management. Come to the FREE orientation on Tuesday, April 12 at 12 noon in 218 SSH to learn more about this successful weight management program.

Lunch 'N Learn

Free brown bag seminars will be offered the third Wednesday of March and April. Learn what you can do to reduce your cancer risk by attending the March 16 session, Cancer: Know the Facts, Reduce Your Risks. On April 20 Humor in the Workplace takes a fun look at incorporating humor into your relationships at work. Call the Employee Health and Fitness office (ext. 22817) to register.

Stress Management I: Fighting the Stress Response with Relaxation Techniques

This four week course will focus on relaxation training. Participants will be introduced to the following techniques: deep breathing, guided imagery, passive muscle relaxation and progressive muscle relaxation. Meets Fridays at noon March 18 through April 8. Call 942-2817 to register. Fee: \$30.00.

ENTERTAINMENT

March 4th T.G.I.F.

KARAOKE

CALLING ALL SHOWER SINGERS!! Have we got a party for you! On Friday, March 4, our T.G.I.F. will feature KARAOKE! From 4:00 p.m. until 7:00 p.m. Schweppe Auditorium will come alive with the sounds of some of the greatest bands and back-up singers you've ever heard. It's your chance to be the star and fill in for your favorite musical performing artist. This may be your shot at being discovered without your shower cap or soap on a rope, but feel free to bring them if they make you more comfortable. So start practicing and we'll see you on stage!! This event is sponsored by the Department of Pharmacology.

March 14th (Monday) FINALS WEEK BREAKFAST

START FINALS WEEK OFF RIGHT WITH A DOSE OF BRAIN FOOD! On Monday, March 14th from 7:30 until 10:00 a.m., a continental breakfast will be served in the Student Affairs Lounge.

The menu includes bagels, muffins, and doughnuts as well as coffee, tea, and O.J. Get those positive brainwaves moving with the help of "the most important meal of the day."

April 8th T.G.I.F.

MINI GOLF

Spring is here and it's time to take out the golf clubs and dust them off. Brush up on your putting at a T.G.I.F. on Friday, April 8th. A full nine hole mini golf course will be part of this end of the week party. From 4:00 until 7:00 p.m. stop by Schweppe Auditorium,

have some refreshments, visit with friends, and put your best putt forward. This party is sponsored by the Occupational Therapy Student Association.

April 11th BROWNIES AND MILK

TAKE A CHOCOLATE BREAK! On Monday, April 11th, take a chocolate break in Schweppe Auditorium. From 12:00 until 1:00 p.m. bring your lunch, relax with friends, and top it off with a brownie and milk for dessert.



HELP WANTED

Proctors are needed for assisting in the administration of the Registered Dietitian Exam. The Exam will take place on Saturday, April 16, 1994. A proctor's time commitment is from 7:30 a.m. until about 2:00 p.m. The test location is Schweppe Auditorium. Pay is approximately \$57.00 (1993 rate). Two proctors are needed. If you are interested, please contact Doreen in Student Affairs at x26302.

MEDIA CIRCULATION ASST. position available at Learning Resource Center. **Must be work-study eligible.** Day/Evening/Weekend hours available; schedule is flexible. Relaxed atmosphere and way-cool co-workers exist. \$6.00/hr. Apply immediately. Call Bill Karnoscak (2-6832) days, or Chris Lazaris (2-6799) afternoons/evenings for more information.

STUDENT AFFAIRS TICKET WINDOW



Ice Capades "CINDERELLA" Frozen in Time

Starring: Dorothy Hamill
ROSEMONT HORIZON

March 26th

2 p.m.

(Tickets go on sale March 7th)

Limit two tickets per student

28 tickets available

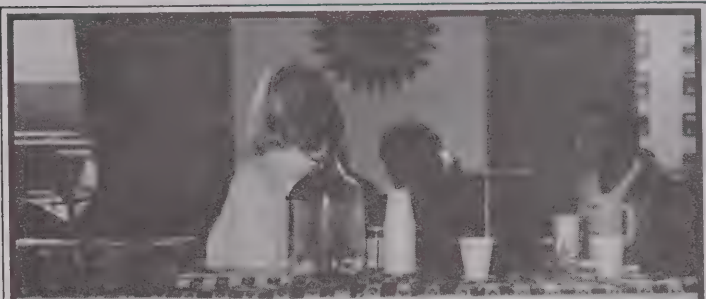
CINEPLEX ODEON MOVIE THEATRE TICKETS

\$4.00 each/limit 6

(Students only, please)



WERE YOU AT MOCTOBERFEST '93?



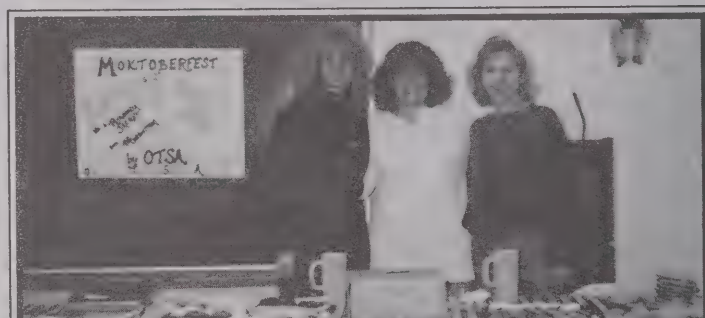
American Medical Student's Association



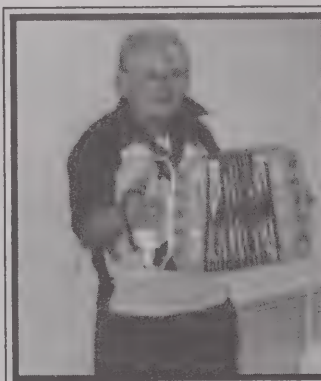
Student National Medical Association



Student Nurses' Association

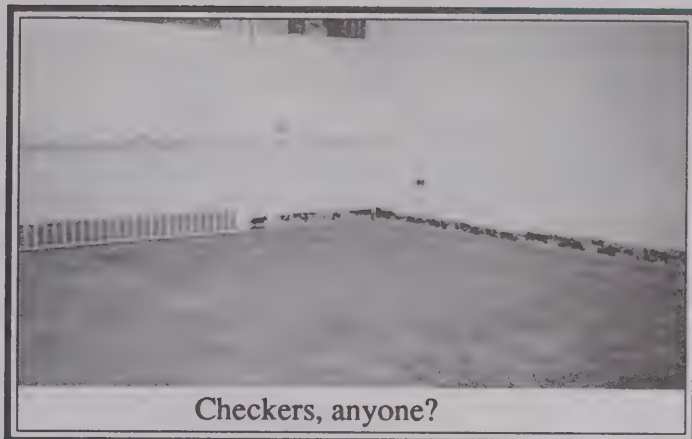


College of Nursing and Health Sciences



PARDON OUR DUST . . .

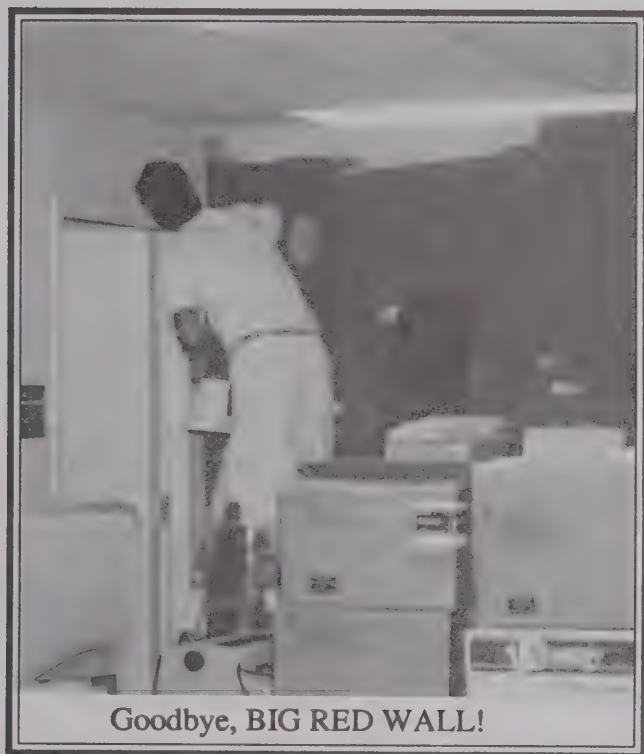
(The Student Lounge Redecorated!)



Checkers, anyone?



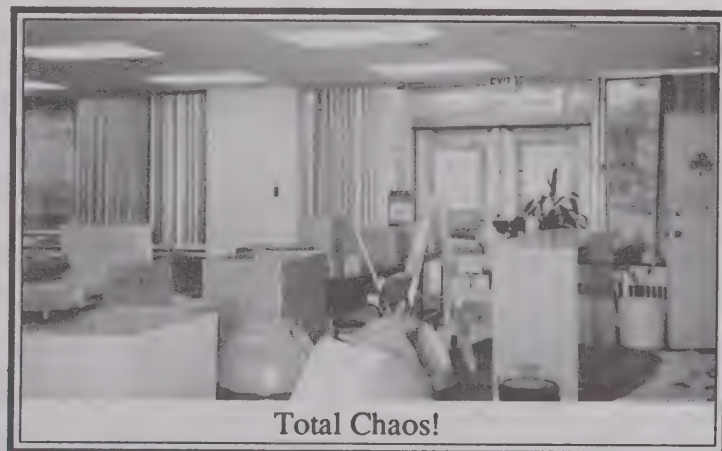
How high can they stack this stuff?



Goodbye, BIG RED WALL!



So long, old, stained carpet!



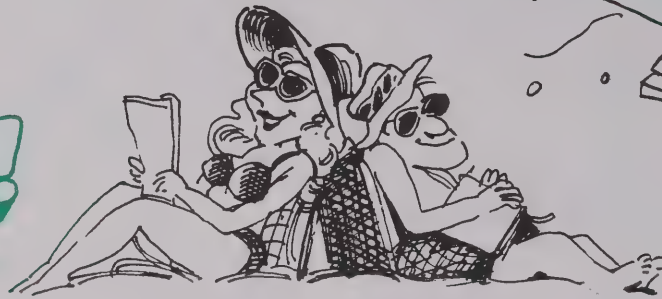
Total Chaos!

**Stop in and see the NEW, IMPROVED,
Student Lounge!**

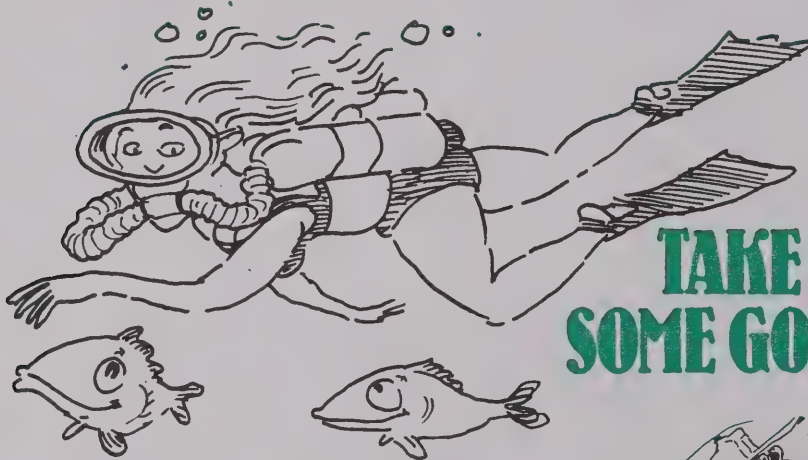
**Vacation
Bound**



**GIVE
BLOOD!**



Things to do on **SPRING BREAK!**



**TAKE ALONG
SOME GOOD BOOKS.**

Relax..



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Office of
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Affairs

Rush *reporter*

Volume XVIII
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May/June



TUESDAY'S FAVORITES HAVE UNBEATEN SEASON

The 1994 Rush Men's intramural Basketball League ended its season March 1, 1994. Eight teams competed at **Hoops the Gym**. Represented were Internal Medicine, Surgery, Anesthesia, Cardiology, and the Medical College. When the dust settled, the championship was played for by the two Medical College squads. Ultimately *Tuesday's Favorites* capped off its unbeaten season with a hard fought victory. Members were **Mark Batts, Bob Bryant, Tom Burns, Dennis Chang, Steve Coker, Pete Kamhout, Chris Lipinski, Scott Simon, Mark Stewart, and Victor Viner**. Special thanks to **Kevin Nash and Panos** for the league's organization.

AND THE BAND PLAYS ON...

Cafe on Grand was the site of the third annual Rush Medical College student fundraiser, which was attended by students, faculty and staff. The mid-February event, appropriately titled, "And the Band Plays On . . .," was a fun filled evening of dancing to the rhythm and blues of the "Musical All-Stars."

This year's event raised more than \$5,400 which can be directly attributed to five second-year medical students: **Cheddie Dixon, Greg Gadbois, Shahr Jahanshir, Steve Szczerba and Erwin Thimm** who were instrumental in organizing the evening's festivities. The proceeds will benefit the **Henry P. Russe, M.D. Student Assistance Fund** of Rush Medical College. Plans are already in the works for next year's gala.



ATTENTION RUSH STUDENTS!

**TWO EVENTS YOU DON'T WANT
TO MISS THIS SPRING!**

THIS YEAR'S FINAL T.G.I.F

On Friday, May 13, take a hike across Ashland Avenue to attend the final T.G.I.F. of the '93 - '94 academic year at the University Inn. From 4:00 p.m. until 6:30 p.m., the party's on the patio with good food and great company!

and

END OF THE YEAR PICNIC LUNCH

Join us for a lunch time barbecue on Schweppe Patio. Monday, May 23 from 11:30 a.m. to 1:30 p.m. Student Affairs will be lighting up the grill to serve you lunch in honor of your academic accomplishments this year.

FINANCIAL AID OFFICE

119 SCHWEPPE SPRAGUE HALL

942-6256

ALBERT STRICKLER MEMORIAL FUND LOAN

A low cost loan program is available through the Albert Strickler Memorial Fund. The loan is a maximum of \$2,000 and is open to current needy M1 students "preferably of the Jewish faith", as stated in Dr. Strickler's Will. Interested students meeting the criteria should notify the Financial Aid office, since the school must identify the most needy students meeting the criteria.

STAFFORD LOAN PROGRAM CHANGES

Recent legislation affecting the Stafford Loan program will become effective beginning July 1, 1994 for all students applying and receiving Stafford Loans for the 1994-95 year. There is good news in these changes, since less fees will be taken from the loan proceeds. The bad news is that all loans after July 1, 1994 will have a variable interest rate based on the 91 day treasury bill rate plus 3.1 percent, but the rate will never exceed 8.25%. We will know what that rate is after June 1.

So, here is a summary of the changes and how it affects your loan.

Stafford Subsidized Loan Maximum Loan Amount

| | <u>1993-94</u> | <u>1994-95</u> |
|---------------|----------------|----------------|
| Graduate | \$ 7,500 | \$ 8,500 |
| Undergraduate | \$ 5,500 | \$ 5,500 |

Loan fees (maximum rates)

| | | |
|------------------|----|----|
| Insurance rate | 3% | 1% |
| Origination rate | 5% | 3% |

The Supplemental Loan for students (SLS) will be merged into the Unsubsidized Stafford Loan program.

Stafford Unsubsidized Loan Maximum Loan Amount

| | <u>1993-94</u> | <u>1994-95</u> |
|--------------------------|----------------|------------------------------------------|
| Graduate | \$ 7,500 | \$ 18,500 less subsidized Stafford |
| Undergraduate (indep) | \$ 5,500 | \$ 10,500 less subsidized Stafford |
| Undergraduate (dep) | \$ 5,500 | \$ 5,500 less subsidized Stafford |

Loan fees

Same changes as Subsidized Stafford

These changes affect the Federal Family Education Loan Program (FFELP) - the umbrella name for the Stafford Loans - with loans first disbursed on or after July 1, 1994. There are more technical parts to these changes that the Financial Aid office deals with and we will be happy to discuss them with students on an individual basis.

1994-95 Financial Aid Processing

Financial aid forms and materials are arriving daily and we will begin processing aid very soon. This year you do not need to submit a check with the FAFSA or Renewal Application however, you must complete an Institutional Application for Financial Aid. This form will give us more detailed information about you and your family.

Forms and information are available in the Financial Aid office. Please be sure to submit your forms as soon as possible. We will begin to send out letters confirming receipt of your data very soon. Please respond to a request for information (if stated) as soon as possible.

EXIT INTERVIEWS

Students graduating in June who received loans while at Rush must have an Exit Interview prior to graduation. The Exit Interview is important to fully understand your rights and responsibilities. Students with loans will be contacted by the end of April for scheduling an Exit Interview. Please contact the Financial Aid office if you have any questions.

SCHOLARSHIP INFORMATION

The Metropolitan Chicago Healthcare Council is offering scholarships to students in undergraduate nursing and allied health programs. Awards may be based upon financial need, ethnic minority, bilingual ability (Spanish/English), or academic achievement. Assistance is also available for child care expenses. Applications must be submitted by June 1, and are available in the Financial Aid Office.

Educational Assessment Systems is offering scholarships to Occupational Therapy Students. Awards of \$2,500 for one-year or \$3,000 for two-year service commitments are available. Applications will be accepted throughout the 1993-94 school year. Contact the Financial Aid office for further information.

The Jewish Federation of Greater Philadelphia provides loans for medical students. Applicants must be of the Jewish faith, and demonstrate financial need. Applications must be submitted by June 30, 1994, and are available in the Financial Aid office.

Medical students from the state of Maryland may be eligible for the **Baltimore City Medical Society Foundation Scholarship**. Students must demonstrate potential for success based upon previous undergraduate or graduate work. Applications must be submitted by May 2, 1994 and are available in the Office of Student Financial Aid.

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Please contact Mark Schilling, Director, Security at x26394 or Rebecca Dowling, PhD, RD, Assistant Vice President, Support Services at x27075 if you have any questions regarding these changes.

Congratulations to the graduating class of 1994, and the best of luck to everyone looking for a job! Have a great summer everyone!

If you still have a balance regardless of the circumstances, you will not receive your diploma at commencement. You will receive it once your balance is paid in full.

Inside the Student Counseling Center

Marilyn Johnson, Ph.D.

Dear Mom,

Thanks for the letter and all the clippings. I'm so glad the whole family will be able to make it to graduation. I thought the day would never come.

The clippings you sent paint a pretty confused picture about what will be happening in medicine in the next few years. Maybe it's a good thing that I haven't had time to read about it until recently. Don't worry, Mom, I'm sure there will be a place for me after I finish my residency.

Actually, it's hard to predict what kind of a world I will enter when I've finished my residency (do you notice that I keep talking about when I finish and I haven't even started?). I hope whatever Clinton and the congress produce will be a genuine improvement over the healthcare system we have now. When I did part of my medicine clerkship at Cook County Hospital, I really understood what a "two tier healthcare system" meant, and while it was depressing, I was also inspired by some of the physicians and nurses there. They provide good care in a nearly impossible system.

This fourth year has been the best year of all since I've been taking electives and by now I occasionally know what I'm doing! It's hard to believe how much I've learned since the beginning of my third year. For so long I thought I was hopeless and would have to drop out because I just didn't have what it takes and then one postcall morning I realized that I felt great. I had handled things well the previous night and I knew what was going on and what to do. I was tired but I was elated and so relieved to know I could do this after all. I've had some ups and downs since then, but I've never doubted that I can become a good physician.

Being at this point leads me to try to organize the experiences of the last nearly 4 years, the good and the bad. The bad first. Most of the bad was feeling stupid and fearing that I'd always feel stupid. I also didn't enjoy clerkships where there was little or no teaching because I never learned to feel competent in those cases, and I was aware that precious time was being wasted. I didn't

like being pimped and I didn't like it when people treated me and/or my classmates disrespectfully, although I learned to handle it most of the time. And yes, I was frustrated by feeling chronically tired and deprived of time for friends and fun, but that was not a major problem.

Another disappointment was learning that there was no automatic helpful connection between women nurses and medical students and physicians. I guess I was too idealistic, but I'd looked forward to sharing the caretaking experience with other women and it didn't happen very often. I've talked to enough people by now to understand how complicated the relationships are by professional roles and power and status, but I still would like to work at creating an environment where we could work together with affection and respect.

When I started medical school, you asked me if there was much sexism here; I recall telling you that, as far as I could tell, things were pretty equal here. After all, nearly half of my class was women and we were treated well. (I must admit, Mom, that I thought you sometimes went too far, seeing sexism everywhere and it was kind of embarrassing.) Now, at the end of my clinical years, I might not be so sanguine. I've seen things happen, heard things said on the floors that upset me, where it was clear that a woman student was being treated different simply because she was a woman. I know too that a couple of my friends have been hit on by married guys who hinted that good evaluations might be forthcoming if they got to know each other better. It's tricky too, because they know how to be subtle and careful enough that if you protest, they just laugh and say they were joking so who looks like a fool if you complain to someone about it? I don't think bad evaluations came from their refusals, but the whole thing left me feeling depressed. I have a lot more sympathy for Anita Hill these days.

There were more good than bad experiences. The best times, as I said earlier, were when I felt competent, when I knew what was happening with my patient. Also, I've almost (but not quite) learned to feel

good about times when I could help a patient simply by listening, holding a hand, paying attention. It does not seem enough to do, yet I can see that patients appreciate it and experienced people tell me not to dismiss it too lightly. It is very difficult when I realize that someone is going to die no matter what we do and I don't know if I'll ever learn to deal with it. Maybe I will get to that point but right now I still have a lot to learn that I hope will help me be able to do more to make people better. Another good feeling came from being a part of the medical group, almost like being part of a secret society with its own language and rituals. After feeling like an outsider for so long, it felt wonderful to be included in the lunch group or in discussions as some of us wrote our notes.

The other wonderful part of the last four years at Rush was all the opportunities I've had to take what I've learned out into the community. I've told you about the St. Basil's Clinic program where I learned so much and felt so good helping people who don't have access to expensive healthcare. There are other programs too, and it's very affirming to see that most of my classmates genuinely enjoy volunteering their scarce time to help people who have so much less than we do.

I have made some wonderful friends here, many of whom will be leaving for faraway places in June. It doesn't seem quite real that we won't be together much longer; we're trying to spend time together now that we're basically finished with school. It really is true that suffering together makes people close! I wonder how many of us will keep in touch; I know it will be difficult because we'll all be so busy but fortunately I will have some of them here in Chicago.

And then there's love. I wish I had met someone during school because I worry that I won't have time to meet anyone for the next three years. Some of the women in my class had babies during medical school and I envy them; I know it was hard for them but still they have their children. I'm not getting any younger and I'll be 31 when I finish my training and if I haven't met anyone by then,

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I'm afraid I may really worry. Some of my unmarried friends swear they'll have children on their own if they don't meet a guy, we don't want to miss the experience of being mothers, but I don't know if I'm ready to say that. Now calm down, Mom, I probably wouldn't do it, and I'm still optimistic about meeting a nice guy.

Better stop now before you have a panic attack. Thanks to you and Dad for all the support over these years and I look forward to more of it during residency. You've both been wonderful.

Love,
Your daughter the doctor

HEALTH AND FITNESS NEWS

Celebrate Employee Health and Fitness Day with a 1.5 mile walk (or run) around the medical center on Wednesday May 25 (June 1 if it rains). Register at the corner of Wood and Harrison between 7:30 a.m. and 4:30 p.m. (the route must be completed by 5:00 p.m.). A free cafeteria coupon will be given to all participants.

LUNCH 'N LEARN

Free brown bag seminars will be offered the third Wednesdays of May and June at 12 noon. On May 18, "Caring for Persons with Alzheimer's Disease" will be presented in Suite 316 JRB. On June 15, "Issues of Cultural Diversity in the Workplace" will be explored in Room 441 of the Learning Resource Center. Call 942-2817 to register.

SPRING FLING

Join Rush employees and gear up for spring by attending the **Rush Spring Fling**, May 17-20 from 11:00 a.m. until 2:00 p.m. on the Harrison Street tennis courts. Enjoy music, games, snacks and prizes!

STRESS MANAGEMENT

Reduce your stress and achieve better balance in your life by attending this four-week stress management course. The class will meet on Fridays beginning May 27 at 12:00 noon in Suite 1159 Professional Building. Call 942-2817 to register.

An ode to my health care professional

by Florence Roque, N5

You never had a craniotomy.

You can . . wiggle your toes, wrinkle your nose,
say your prayers, make funny faces,
rationalize, problem solve, speak, not stutter
and choose how your woes to utter.

You never had an amputation.

You can . . stand tall by my bedside,
sit from doing your rounds a while,
ski, skate, dance, dive, or simply smile . .
carefree, pain free, limp free.

You never had a colostomy.

You can . . wear any clothes you like,
wear any perfume/cologne, not having to worry
about the clash with the feto;
control your bowel/bladder functions
without anxiety about whether or not
the "bag" is empty.

You have never been a quadriplegic.

You feed, wash, groom yourself;
express or receive love and tenderness . .
not having to wonder who would discover
your cold shoulders;
not having to look up whenever someone
talks to you.

You have never had to feel guilty that you may be a burden.

You are able to perspire for a living,
buy gifts for your "little ones" or your siblings,
not having to receive and receive . . without anything to give.

You've never had to feel embarrassed about last night's "accident", or
fear that the next moment the respirator won't work, that you couldn't
make a sound, not a word . . .
not knowing which "stranger" will come tonight,
taking control of your body's "extensions" at the bedside.

You can call off appointments, dates, visitors . . .

You can forge (or enjoy) the extremes of outdoors,
Winter, Spring, Summer, or Fall.

You can see, hear, smell, taste, touch it all
just like the "normal" world can use these abilities . . .

You can turn these luxury of choices among interests and dreams into realities!

You are human, just as I am.

One day you might have to be on a bed rest state.

You will still be the same inside, although not at all outside . .

On that day you may even be fortunate
to choose for yourself the DnR/DnI fate.

Only then will you know how I am doing . . .

When they ask you how you are doing,
I hope you wouldn't have to say "I've never
truly appreciated the human being . . . until now . . ."



ACADEMIC SKILLS CENTER

Michael J. Harris, Ph.D., MBA, Director

CERTIFICATION EXAMINATION REVIEW BOOKS

W 18 F293u United States Medical Licensing Examination (USMLE) - General instructions, content outline and sample items. Federation of State Medical Boards of the U.S., Inc. and the National Board of Medical Examiners. 1994 ON RESERVE in Rush University Library

QZ 18 S358p Pathology - Schneider, A.S. and Szanto, P.A., Williams & Wilkins, Malvern, PA, 1993. PERMANENT RESERVE in Rush University Library

QS 18 A537 Anatomy 7th ed. - April, E. W. ed., McGraw-Hill, New York, NY, 1993 ON RESERVE in Rush University Library

BF 78 B419 Behavioral Sciences 6th ed. - Pattishall, E.G., McGraw-Hill, New York NY, 1993. ON RESERVE in Rush University Library

QT 18 P579 Physiology 7th ed. - Mulligan, E.M., MCGraw-Hill, New York, NY, 1993 ON RESERVE in Rush University Library

QW 18 M626 Microbiology 7th ed. - Tilton, R.C. and Ryan, R.W., McGraw-Hill, New York, NY, 1993. ON RESERVE in Rush University Library.

WB 39 B575a 1993 First Aid for the Boards: A Student-to-Student Guide to the USMLE Step 1, 3rd ed. - Bhkushan, V., Chu, E. and Hansen, J., Appleton & Lange, Norwalk, CT, 1993. PERMANENT RESERVE Rush University Library

WL 18 S571n Neuroscience - Siegel, A., McGraw-Hill, New York, NY, 1993 PERMANENT RESERVE Rush University Library

QS 18 H673 Histology and Cell Biology - Klein, R.M., McGraw-Hill, New York, NY, 1993. PERMANENT RESERVE Rush University Library

W 18 R996 Rypins' Questions & Answers for Basic Sciences Review, 2nd ed. - Frohlich, E.D. ed., J.B. Lippincott Co., Philadelphia, PA, 1993

W 18 T497h How to Prepare for the Step 1 Medical Exam, 2nd ed. - Thornborough, J.R. and Schmidt, H.J., McGraw-Hill, New York, NY, 1993. ON RESERVE in Rush University Library

QZ 18 L675a Appleton & Lange's Review of General Pathology, 3rd ed. - Lewis, M.G. Appleton & Lange, Norwalk, CT, 1993. ON RESERVE in Rush University Library

WY 18 A314 Nursing Boards Review for the NCLEX-RN - AJN Mosby, St. Louis, MO, 1994. ON RESERVE in Rush University Library

WY 18 M897 Mosby's Q & A for NCLEX-RN, Yannes-Eyles, M. ed., Mosby, St. Louis, MO., 1994.

WY 18 R194A American Nursing Review for Psychiatric and Mental Health Nursing Certification Randolph, N., Springhouse Corp., Springhouse, PA, 1993. PERMANENT RESERVE in Rush University Library

THE 1993/94 CUSTOMER SURVEY

During the winter quarter, 330 survey forms were sent to a non random sample of students who were enrolled in the four colleges of Rush University. One hundred and thirty-seven completed surveys were returned (41.5%).

Though the return rate was good, it seems that many Rush University students are not as aware of or willing or able to use the services of the Academic Skills Center. Those who do use it find it generally helpful and would like to have more of certain kinds of services. The great majority of the respondents to this survey seem to be strongly focused on their academic tasks to such an extent that they may not have the time or energy to seek out and use this kind of support service.

I would like to thank all of the students who did respond to the survey, especially for the constructive comments given. The suggestions for improvement will be given proper consideration and changes which can be will be made. As always, we welcome the input and suggestions of students and faculty to help us do our job better. The most important job of the Academic Skills Center is to respond to Rush student needs for support of the best academic performance.

For detailed results of the Academic Skills Center survey, please contact Michael Harris, Ph.D., Director, Academic Skills Center, 418 Academic Facility, 942-3227.

COLLEGE OF NURSING

OFFICE OF STUDENT SUPPORT SERVICES

CONVOCATION

Convocation will be Friday, June 10 from 1-3 p.m. in the Atrium Lobby for all students who have completed or will complete degree requirements in time to participate in the June Commencement. Participants are allowed a maximum of four guests. Convocation is a special time when graduating prelicensure students receive their pins. It is also a time when special awards for outstanding achievement are presented to graduate and undergraduate students. A tea for Alumnae, award recipients, new graduates and their families is held in Room 500 at 1725 W. Harrison following Convocation.

ADVANCED WRITING COURSE

Dr. Rosemary Camilleri will offer an advanced writing course at Rush during the Summer quarter every Tuesday from 4:00 to 6:30 p.m. June 21 through August 23. You may obtain more information by checking the notices on Bulletin Boards or by calling Dr. Camilleri at (312) 684-6566.

COMMENCEMENT PARTICIPATION

Undergraduate, Gel and Master of Science Nursing students are expected to participate in Commencement if they completed degree requirements Fall '93, Winter '94, Spring '94 or Summer '94. ND and DNSc students may participate if they completed degree requirements Summer '93, Fall '93, Winter '94 or by May 15 of Spring '94. ND project approval forms and DNSc degree approval forms must be handed in with all required signatures by that date.

CONTINUING STUDENTS WHO ENROLLED SUMMER QUARTER; GELS ANES, AND DNSc'S

Remember to update the following requirements prior to the start of summer school:

- 1) OSHA training and testing
- 2) CPR certification
- 3) TB testing
- 4) RN license for RNs

SUMMER QUARTER LENGTH

The summer quarter begins June 20 and classes end August 23 with exams scheduled for August 24 through the 26. All students are required to adhere to this schedule.



LIBRARY NEWS

If you are taking a summer class or thinking about health related topics while enjoying the sunshine, remember that you can search the Library's InfoNET system in the Library or from your home or office computer. Access to journal article reference databases through OVID is easy and fast using the handouts, "Navigating OVID: A Quick Guide to Getting Started" and Home and Office Access." Call the Library at x2-5952 to request a packet of guides or better yet, take a break from the beach and stop by for an electronic workshop to learn how to use MEDLINE from 1966-present, CINAHL (nursing), PsycINFO, HEALTH (health planning and administration), and AIDSLINE. You will be ahead of the crowd when the fall breezes blow!

ACADEMIC COMPUTING RESOURCES

CAI LAB HOURS CHANGE (NO LONGER 24 HOUR ACCESS)

Hours for the CAI Lab, Room 534 Academic Facility, have changed. Effective February 14, 1994, between Midnight and 8:30 a.m. students may gain access only by calling Security at 2-5678 to be let in. All students requesting access during these hours must have a valid Rush University I.D. with them to show the Security officer who will record their entrance in the Security Log. Any student let into Room 534 during these hours is responsible for the condition of the equipment and software in the room. That means if a student chooses to let in friends also, the student who is recorded in the log is responsible for the others in the room. Only students will be let in during these hours. Because Security officers are in short supply at this time there could be some delay before someone is able to respond to a request.

Academic Computing Resources staff regret this inconvenience to students. Continuing expensive damage to the software and hardware during the early morning hours when the CAI Lab was open 24 hours is the cause of the change in hours.

The staff hope this arrangement will give students adequate access while protecting expensive computer software and hardware for everyone's use. Please be aware that e-mail and other Novanet functions are not available between 2:00 a.m. and 6:00 a.m.

WINTER QUARTER 1994 DEAN'S LIST

Congratulations to the following students in baccalaureate programs who earned at least a 3.50 quarterly grade point average for a full time course load during Winter Quarter 1994.

Medical Technology

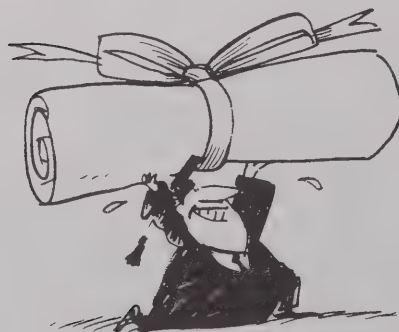
Cynthia Marie Bariamis
Cecilia Cruz Chua
Ahmed Mirza
Jayasri Lashmi Paturi

Perfusion Technology

Darrell A. Fox
Elizabeth A. Kabrick
Kurt Lumsden
Dawn Marie Oles
Melissa Ostaszewski
David Arthur Runyon

Prelicensure Nursing

Kara Michelle Aalfs
Mark Steven Ambrose
Carrie Ellen Baab
Leslie Barry
Caroline Clare Berezny
Megan Maureen Bishop
Nichelle Lynn Bogan
Susan Marie Breitenstein
Stephen James Burroughs
Anna Veronica Caljkusic
Maura B. Capaul
Deiedre Catherine Carle
Grace Wen-Chi Chan
Francisco Chang
Julie Anne Chesterton
Jacqueline Lee Corso
Deborah K. Coutu
Tracy Louise Donovan



Congratulations Graduates!
We'll Miss You!

Darryl James DuVall
Karen Jeanne Dummer
Kathryn Lynn Elshoff
Katherine King Embry
Debra Elaine Ernst
Jennifer Katherine Feimer
Lauren Ezequelle Foster
Kathleen Anne Galovich
Judith Coleen Ganz
Leslie Gardner
Donna Simeona Garvida
Marianne Margaret Gutchewsky
Sharon Eileen Homa
Kenneth James Hugel
Cynthia Lynne Humphrey
Ruth Maria Johnson
Paula A. Joseph
Sonja Jovanovich
Kristen Lynne Karl
Brigid Anne Kiley
Julie Soohyun Kim
Melissa Ann Klein
Cynthia Marie Kunz
Gloria Lange
Susanne Clare Lannon
Vickie L. Lawrence
Leslie Lee Long
Kevin D. McBride
Catherine Sue McDaniel
Nancy S. Melewski
Irma Mendez
Heather R. Moore
Shannon Lyn Morris
Tammy Lee Moyer
Elisa M. Mroz
Catherine M. Narcavage

Colleen M. O'Brien
Tracey A. Picciano
John Hamilton Pond
Laurie Ann Rentschler
Michele R. Ross
Janean Marie Rullman
Sharyl Lynn Sadowski
Arlene Schwenk
Anne Therese Scranton
Lynn Marie Sircher
Beth Ann Slutsky
Jennifer Noel Snider
Anne Julie Stachnik
Elvira R. Stawarski
Barbara M. Stettner
Andrew Joseph Straub
Karen A. Stromsland
Katina F. Thrush
Alice Tran
Susan Rita Trissman
Margaret Agnew
Katrina Elisabeth Wright
Pamela M. Wuczynski
Tamara Sue Wynn



Rush Lesbian, Gay & Bisexual Union

We are a social and support group for lesbian, gay & bisexual people at Rush. We would also like to reach out to the general Rush community. If you would like more information or would just like to talk please give one of us a call:

John Perry
(312) 477 6070

Michele Van Vranken
(708) 795 6450

Rush *reporter*

WELCOME TO RUSH

By William C. Wagner, Ph.D., Associate Dean of Student Services



I would like to take this opportunity to welcome all of you to Rush University. This issue of the *Rush Reporter* is designed to introduce you to a number of people and services available to all students. By no means is it an exhaustive list, and as you become more familiar with Rush you will interact with innumerable students, faculty, and staff who will take a very active role in your professional and personal development.

Education in the health professions is demanding, and Rush is no different in that respect. You will be required to assimilate and apply tremendous amounts of material in a brief amount of time, but if we didn't have confidence in your ability to succeed you would not be at this stage in your education. The challenge for you is to find a balance

between the curricular demands and other necessary activities designed to meet additional needs.

You will have opportunities to take an active role in the educational process through a wide range of student/faculty committees. In addition, a variety of student organizations focus on special interests and/or professional issues. And at times we will encourage you to take a break from the rigors of your program by sponsoring events that are purely social or recreational in nature. We are anxious to get to know you as individuals and for you to share your ideas and talents with the rest of the University community. We know you will meet our expectations, we will do as much as possible to meet yours.

THE OFFICE OF STUDENT AFFAIRS

The Office of Student Affairs, located in 023 Schweppe-Sprague Hall, is concerned with the co-curricular aspects of student life. With the assistance of over 20 student organizations, the staff provides activities that are social, educational and recreational in nature. In addition, we act as advisors to student organizations, coordinate student elections and handle career services for undergraduate students. Special publications such as the *Rush Reporter*, the Student Handbook, the New Student Picture Book and the Housing Brochure originate in this department. The staff also has significant involvement in special events such as New Student Orientation and Commencement.

If you need assistance with anything prior to your arrival, please call us at (312) 942-6302, 8 a.m. to 5 p.m. M-F. We are glad you have chosen Rush and we look forward to seeing you in September.



Ann Cocks
Director

Doreen Kelly
Assistant Director

Cheryl Casarez
Secretary

THE REGISTRAR'S OFFICE

Foreign Students

Foreign students should report to the Registrar's office as soon as you arrive in the Chicago area.

Permanent Residents

If you are a permanent resident of the U.S., bring your alien registration (green card) with you to fall registration. Bring the original card or a xeroxed copy if you have not previously submitted proof of permanent resident status to the Registrar's office.

Immunization Requirements

In compliance with Public Act 85-1315 (Illinois College and University Immunization Requirement), Rush University requires new students born after January 1, 1957 to show proof of immunity for measles, mumps, rubella, diphtheria and tetanus. You should have received a form to be used for reporting proof of immunity.

If you are not up to date with your immunizations, check with your local or county board of health for locations of centers offering low cost or free immunizations.

We are required by the Act to withhold registration for winter quarter unless this requirement is met.

Return the form or other proof of immunity by August 31, 1994 to the address below.

**OFFICE OF THE REGISTRAR
RUSH UNIVERSITY
1743 W. Harrison Street
Chicago, Illinois 60612
(312) 942-5681**

Veteran's Benefits

The Registrar is the Veteran's reporting agent. Veterans should contact the office prior to registration so enrollment certification can be prepared in advance. Call the Registrar at (312) 942-5681 if this applies to you.

Supplemental Student Data Form

A yellow "Supplemental Student Data Form" was sent to you previously. Completion of this form is part of the matriculation process of Rush University and applies to everyone. It is essential to the Registrar's Office in determining state residency and completing federal reports. Please fill out the form and return it to the Registrar's Office now. Medical students have already supplied this information, so no yellow form is required.



Seated left to right; Ann Schuppert, Ass't. Registrar, Kris Knight, Student Records Aide. Standing left to right, Felicia Garza, Student Records Aide; Joe Swihart, Registrar; Denise Labedz, Coordinator University Scheduling.

Information About Jobs

All employees who change jobs or take a new one, whether at the Medical Center or anywhere else, must now prove their right to work under a Department of Justice ruling. The following are items which may be shown as proof of your right to work:

U.S. citizens must show either a current U.S. passport or a current picture I.D. (usually a driver's license plus some document verifying citizenship (usually an original social security card or a certified birth certificate).

continued on next page ->

Non citizens must show appropriate immigration identification. F-1 student visa holders may only work at the Medical Center.

If you are considering working once you get to Rush, take the time now to find your birth certificate or social security card.

Final Transcripts

Final, official transcripts that include all course work attempted prior to matriculation at Rush University should be sent to the Registrar's Office prior to orientation. Official transcripts must be mailed directly from the institution attended. Winter quarter registration may be held for those with incomplete files.

Students planning to enter Rush Medical College must meet this requirement. While transcripts were submitted to AMCAS during the Application process, AMCAS verifies course grades only and does not send transcripts to Rush. Therefore, the Registrar's Office must receive official transcripts from any schools attended at or after the time of initial application and from any school from which a baccalaureate or higher degree was earned.

Deferment Forms

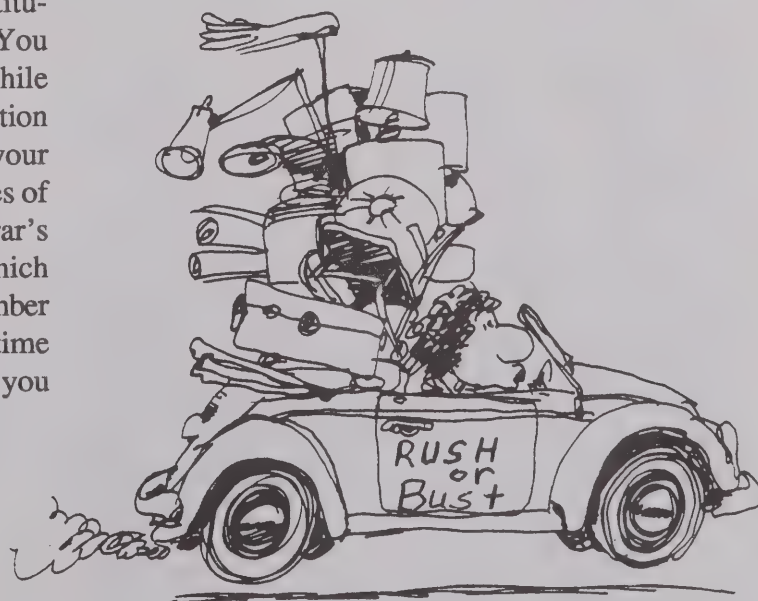
Do you have student loans from other institutions? Are you being asked to start payment? You are probably eligible for a student deferment while at Rush. Your statement from the lending institution will probably include an area for continuing your deferment. Fill in your portion, including dates of deferment, sign it, and send it to the Registrar's Office. Include a note giving the program in which you have been accepted, your social security number and whether you expect to be a full time or part time student. We will process these forms after you have registered.

COLLEGE ADMISSION SERVICES

College Admission Services coordinates the admissions process for applicants in undergraduate and graduate nursing, medical technology, perfusion technology, occupational therapy, audiology, and speech-language pathology. The staff provides educational counseling regarding prehealth curriculum and general ways for students to prepare credentials and conducts preadmission audits. Recruitment is also a function of College Admission Services and the staff attends college fairs, visits colleges for information purposes and sponsors open houses and campus visits for potential students. Rush has an affiliation network with several private colleges which provide about one-fourth of the undergraduate students. College Admission Services maintains relations with students and staff at these colleges.

Advertising and publications are also an Admission effort. In addition, the staff maintains a library of current college catalogs and information on such examinations as the Graduate Record Examination.

Located in room 119 of Schweppe-Sprague Hall, College Admission Services is open from 8:00 a.m. to 5:00 p.m. Monday through Friday.





Michael J. Harris, Ph.D., Director, Academic Skills Center

ACADEMIC SKILLS CENTER

The Academic Skills Center offers assessment advice and a variety of study-related services to students in all of the colleges of Rush University.

- *Study strategy, behavior and test-anxiety assessments
- *Writing assistance for term papers, theses and dissertations
- *Advice to students on how to effectively manage time
- *Techniques on how to improve study habits
- *Methods for efficient management of text reading assignments and for note taking
- *Individual and small group "how to study" sessions arranged
- *Assistance in setting up content tutorials
- *Study skills workshops during student orientation by appointment

The Center is located in 418 Academic Facility. The telephone number for information and to make an appointment for consultation is 942-2337. Office hours are by appointment and students are welcome to "walk-in" when Center staff is not otherwise engaged. Special arrangements may be made for evening or weekend assistance.

Student and faculty feedback about services presently provided and suggestions for other desired services are always welcome.

STUDENT COUNSELING CENTER

The Student Counseling Center provides professional counseling year round for concerns ranging from academic problems to issues of personal development. In the past, Rush students have sought help for test anxiety, insomnia, anxiety, depression, and marital and/or relationship problems. The Student Counseling Center is located on the 8th floor of Schweppe-Sprague Hall; the telephone number is 942-3687.

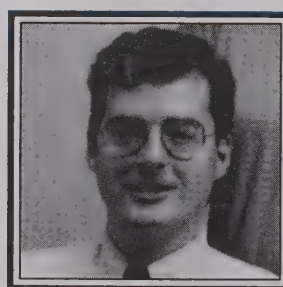
Student Counseling Center Staff



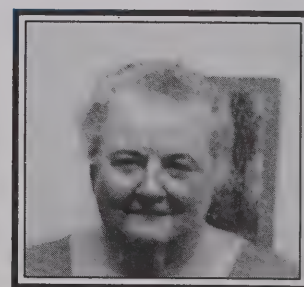
Marilyn Johnson, Ph. D.
Director



Hilarie Terebessy, Ph.D.



Robert Aber, Ph.D.



Peggy Lusk, M.A.

EDUCATIONAL RESOURCES

Other than in the classroom, you'll find yourself spending many hours in the Library. Located on the fifth floor of the Academic Facility, the Library provides resource material to meet your information needs. The Library staff publish a quarterly newsletter, InfoLINE, which summarizes services offered by the Library. Pick up a copy of InfoLINE or stop by the Reference Desk in the Library for more information.

The McCormick Learning Resource Center (MLRC), also located on the fifth floor of the Academic Facility, is designed to facilitate independent study and self enrichment. The Center contains a collection of videocassettes, slide/tape programs, films, computer software, videodiscs, and audiocassettes for student use. Students may also request media materials for presentations. In addition, the MLRC has electric typewriters available for your use. For more information call 942-6799.

THE LIBRARY OF RUSH UNIVERSITY

| | |
|-------------------------|------------------------|
| Monday through Thursday | 7:00 a.m. - 12:00 a.m. |
| Friday | 7:00 a.m. - 6:00 p.m. |
| Saturday | 9:00 a.m. - 6:00 p.m. |
| Sunday | 1:00 p.m. - 12:00 a.m. |

McCORMICK LEARNING RESOURCE CENTER

| | |
|-------------------------|------------------------|
| Monday through Thursday | 8:00 a.m. - 11:00 p.m. |
| Friday | 8:00 a.m. - 6:00 p.m. |
| Saturday | 9:00 a.m. - 6:00 p.m. |
| Sunday | 1:00 p.m. - 7:00 p.m. |

OFFICE OF STUDENT FINANCIAL AID

The Office of Student Financial Aid is located in 101 Schweppe-Sprague Hall. The Financial Aid staff coordinates federal, state and institutional aid sources to students in need so that they will be able to pay for a Rush education. Because of limited institutional funding, financial aid is allocated to students with the highest demonstrated need. Loans from other programs are also available to less needy students. The Financial Aid staff is also able to assist you in establishing a reasonable budget to balance your expenses and available resources.

Students borrowing funds to help finance their education at Rush are also encouraged to seek the counsel and guidance of the Financial Aid staff to avoid an unmanageable debt after graduation. The staff also coordinates student letter writing campaigns to legislators and other key public figures when critical financial aid legislation is pending. Questions can be directed to Director of Financial Aid, Bob Dame or Assistant Director of Financial Aid, Bobbie Oglesby. The office is open from 8:00 a.m. to 4:30 p.m. Monday through Friday. The telephone number is (312) 942-6256.



Office of Financial Aid Staff: Left to right; Robert Dame, Director; Bobbie Oglesby, Assistant Director; John Benthall, Counselor; Maria Studnicka, Secretary

Books

We suggest that you wait until school starts before you buy books. Second-year nursing and medical students are preparing survival guides for new students which will recommend which books to buy and which ones to use in the library.

Once you decide what you want to buy, Rush University Bookstore is the place to visit.

Nursing Uniforms

In 1990, the College of Nursing adopted a uniform for prelicensure students. This consists of white shoes and a white skirt or pants. The shirt is a green polo, available in the Rush University Bookstore, emblazoned with the College of Nursing emblem. A name pin is also worn on the shirt. Street clothes, with or without a lab coat are worn for some clinical experiences. The lab coat, when worn, must be marked with an identifying patch sewn on the left sleeve. If you have any questions contact the College of Nursing at 942-2165.

Equipment

Many of you will be required to purchase some kind of equipment while at Rush. Like books, we suggest that you not run out and buy it early. Wait until you get here and see what you need. Several organizations sponsor equipment sales early during the year. You can also purchase equipment from bookstores and uniform shops in the area.

Bank At School

Rush University students interested in opening an account at a bank closer to campus might consider seeing the First Chicago Bank representative during orientation. You can sign up for free checking, savings, cash station card, initial check order and first year VISA card. Representatives will be available during orientation in the Schweppe Lobby.

For students who bank in the Chicago area already, it might interest you to know that there are three Cash Station machines located on the fourth floor of the Academic Facility.



RUSH UNIVERSITY BOOKSTORE

The Bookstore stocks all required and recommended textbooks for Rush University, as well as medical and nursing reference titles, health titles, medical fiction, test preparation titles, etc., at prices approximately 10% below other stores. This discount is made possible by the Rush University Faculty Guild volunteers, who volunteer for you!

To receive a ten percent discount on books, you must present your validated student I.D., so be sure to carry it with you when shopping at the Bookstore. Personal traveler's checks are accepted with a valid student I.D., VISA, MasterCard and American Express credit cards are welcome.

The Bookstore also carries a large assortment of college supplies, medical and surgical supplies, greeting cards, backpacks, clothing, and lab coats. Overnight film developing is also offered if your film is deposited before noon in the store.

Located on the ground floor of the Academic Facility, the Bookstore is open from 8:30 a.m. to 5:00 p.m. Monday through Friday.

Health Insurance

The University's medical insurance program is designed to promote the health and well being of the student population and to protect the individual from undue financial hardship that a medical emergency can cause. To accomplish this we offer membership in two separate group insurance plans.

Hospitalization. The first plan is a hospitalization policy underwritten by Blue Cross covering most of the hospital charges related to an inpatient stay. Although membership in our Blue Cross plan is not mandatory, it is a requirement that students have some hospitalization insurance from their date of matriculation until graduation. During fall registration students will be required to provide proof of alternative hospitalization coverage or join our Blue Cross plan.

Outpatient Primary Care. All enrolled students are also required to be covered for outpatient health care services. Again at fall registration, students must show proof of coverage through the Rush Prudential plan.

Proof of alternative coverage for both outpatient and hospitalization consists of presenting a current copy of a policy or a member identification card.

Additional information regarding the Rush Prudential plan and the Blue Cross plan will be sent to you closer to fall registration.



Financial Affairs staff (clockwise from top left): Debbie Maize, Bursar; Maria Rubio, Loan Collection Coordinator; Sharon Tyrrell, Insurance Coordinator; Jane Scopelliti, Manager.

Office of Financial Affairs Bursar's Office

The primary student function of the Office of Financial Affairs is billing and collection of tuition. The staff is responsible for issuing receipt for payments received and for disbursing guaranteed loan checks once payment for any balance owed to Rush has been made. The Office of Financial Affairs is also responsible for issuing overpayment checks for any credit on student accounts due to financial aid.

Other functions include check cashing for students with a valid University I.D. (up to a maximum of \$50) and validation of the University student I.D. upon satisfactory financial arrangement.

If you have any questions regarding your tuition bill, insurance coverage or check cashing privileges, please contact Jane Scopelliti, Manager; Debbie Maize, Bursar; Maria Rubio, Loan Collection Coordinator; or Sharon Tyrrell, Insurance Coordinator. Check cashing hours are from 9 a.m. until 4 p.m. Monday through Friday. For payments and questions on bills and insurance, the staff is available from 8 a.m. until 4:30 p.m.

Housing

If you're moving to Schweppe, the Office of Student Affairs (312) 942-6302, can answer your questions regarding dates and times you can move into your room. You may call or visit their office Monday through Friday 8 a.m. to 5:00 p.m. Please note that they are not open on the weekend and plan accordingly. Students moving into Center Court Gardens should contact the management office at (312) 226-2836. Their hours are 9 a.m. to 5 p.m. Monday through Friday.

If you still haven't found a place to live, call or drop by the Office of Student Affairs. Located in the basement of Schweppe-Sprague Hall, the office maintains apartment and roommate listings. The staff will be more than happy to share their wisdom on neighborhoods, apartments, etc. Their number is (312) 942-6302.

TRANSPORTATION

Public Transportation

For those of you without your own car, public transportation is the easiest way to get around town. The Chicago Transit Authority provides "EL" (elevated & subway trains) and bus service to most areas of the city. The El routes and many buses provide 24 hour service. Commuter railroads and suburban bus services provide transportation to and around outlying areas. The Medical Center area is served by both Douglas and Congress El lines, as well as many CTA bus routes. The fare on buses and CTA trains during the rush hours is \$1.50 and a transfer is an additional 30 cents. All buses require exact fare. One alternative for regular CTA users is a monthly pass which entitles you to unlimited CTA use for one month.

Willett Shuttle Bus Service

As a joint effort, Rush and Cook County Hospitals offer a private bus service between Rush and Northwestern and Union Stations. You can pick up a book of 20 tickets at the hospital cashier's desk for \$20. The buses run every 15 minutes from 6:05 a.m. to 9:35 a.m. and from 3:05 p.m. to 6:35 p.m. You can catch the bus at the corner of Paulina and Harrison in front of the Atrium building or at the northeast corner of Harrison and Wood Streets by the Rawson building.

Rush Security Escort Service

Security runs an escort van service for all Medical Center students and employees who live in the immediate area surrounding the Medical Center or who ride public transportation during the evening and early morning hours. Rides can be obtained by calling Security at x25678. At busier times of the evening, be prepared to wait for a period of time for a shuttle. Copies of the Shuttle Service Schedule are available at the Security Office located on the first floor of the Jelke Building.

Parking

Whether you live at Rush or commute, the safest place to park your car is in the parking facility. Parking facilities available to Rush students include the 10 level Main Parking Garage at 1641 W. Harrison; the Flourney Lot, which is located on Flourney Street between Ashland and Paulina; and the Ogden-Wood Lot, which is located at Ogden, Wood and Jackson.

All students using the Rush parking facilities are required to display a parking decal. Parking decals are available at no cost during orientation or from the Parking Garage Office, which is located directly north of the exit booths serving the Main Parking Garage. A valid Rush student I.D. must be presented to obtain a decal. This decal entitles students to receive the discounted daily rate of \$4.75 at the Main Parking Garage.

Students are also eligible to purchase a monthly keycard from the Parking Garage Office. The current monthly parking rate is \$60.00. All keycards require a \$10 deposit refundable upon cancellation. Broken keycards will be replaced free. All lost cards require an additional \$10 deposit. Keycards purchased for the Main Parking Garage may also be used to park in the Flourney Lot.

Alternatively, Rush students may register for free parking at the Ogden-Wood lot, which is located at Ogden, Wood, and Jackson. Only a \$10 keycard deposit is required. Students registered for free parking at the Ogden-Wood lot may also park in the Main Parking Garage or the Flourney Lot between 4:00 p.m. and 5:00 a.m. on weekdays and anytime on weekends and holidays. The Parking Garage is open 24 hours a day, seven days a week. However, for the purpose of obtaining keycards, decals and conducting routine business, the office hours are limited from 8 a.m. to 5 p.m. Monday through Friday. Questions regarding parking should be directed to the parking manager at (312) 942-6594.

Recreation

Rush University students have the opportunity to use several recreation facilities in the area.

Four outdoor tennis courts and jogging track surrounding the courts are available for student use at the Medical Center. These are located on the corner of Ashland and Harrison Streets next to the Atrium Pavilion.

Rush University students also have an opportunity to utilize recreation facilities at the University of Illinois. Activities at the Circle campus include table tennis, bowling, swimming, billiards, handball, racquetball, tennis, volleyball and weightlifting. The recreation area is in the south wing of the Chicago Circle Center.

The Chicago Illini Union on the U. of I. Medical Center campus includes a pool, gymnasium, indoor running track, racquetball courts, exercise equipment and human performance center. The Sport and Fitness Center is located at 828 S. Wolcott on the lower level (basement).

Students presenting a valid Rush University I.D. card at either the Circle or Medical Center campus will be eligible for reduced rates of admission. Students purchasing passes may bring receipts to Student Affairs for a partial rebate. Schedules listing the facilities, rates and hours of operation are available at Student Affairs.

Should you have any questions regarding any of the above mentioned recreation facilities, call Student Affairs at x2-6302.

Student Lounge

The student lounge can be found on the lower level of Schweppe-Sprague Hall. Located within the lounge are the offices of the Director, Assistant Director and Secretary of the Office of Student Affairs; a big screen T.V., a music room with piano and an efficiency kitchen equipped with a small refrigerator and a microwave oven. The lounge opens onto a patio which is used for studying, parties, etc. during nice weather. The student lounge is THE place to relax between classes.

The student lounge is open to all students and faculty of Rush University. We welcome you to stop by when you arrive in the Fall!

THE RUSH MULTICULTURAL AFFAIRS COALITION (MAC)

The Rush Multicultural Affairs Coalition is an organization of students, faculty and staff devoted to promoting greater understanding and good will among members of the Rush Community. We believe that the first step toward becoming a more united community is to learn more about the ways in which our ethnic and religious affiliations, our gender, our sexual orientation, our age and physical ability affect our lives. The MAC offers film/discussion series, lectures, ethnic foodfests and theater outings, etc. to help us learn about each other.

The MAC meets twice monthly (first and third Tuesday noons) in 710 Schweppe. Everyone is welcome to attend any and every meeting. For information, call Student Affairs, x26302.

RESOLVE TO GET INVOLVED !!

It's important that you get involved in as many aspects of your Rush education as possible. Being involved is more than participating in classes and showing up for extracurricular activities. You can actively join in the decision-making and planning that affects your education by becoming representatives on a college or university committee. These representatives are vital components to the committee system and allow for the flow of communication among students, faculty and administration.

Information describing committees and a listing of positions available will be distributed through student mail. Elections for the College of Nursing and Rush Medical College will be held early Fall Quarter. Watch for further information.

Questions regarding student representation should be directed to Ann or Doreen, 023 Schweppe-Sprague Hall, x26302.

STUDENT ACTIVITIES

You've heard about requirements and curriculum, you've learned about housing and transportation . . . but no one's told you where to go to relax, unwind, meet new friends, meet old friends, or just have a little fun. All students and faculty are invited (and encouraged) to attend the activities sponsored by the Office of Student Affairs. You can look forward to the following activities during the 1994-95 school year:

Kick-Off Breakfast

Is it or isn't it the most important meal of the day? In order to start the new school year off on the right foot, the Office of Student Affairs will be sponsoring a continental breakfast on **Monday, September 12, 1994 from 7:30 a.m.-10:30 a.m.** in Schweppe-Sprague.

Stop by and have a bagel, muffin, cup of coffee or juice with us before you head off to the first class of the fall quarter.

T.G.I.F.'s

These are great afternoon and early evening get togethers that offer the opportunity to mingle with friends, faculty and other students from all of the programs at Rush.

Each T.G.I.F. is sponsored by a different department and sometimes has a special theme entertainment. Assorted beverages and food are served at each event. Watch for flyers around campus, or read the *Rush Reporter*, our school newsletter, for dates and times of each T.G.I.F. planned for this year!

Quarterly Events

Each quarter the Office of Student Affairs sponsors a major event. Octoberfest, Country Line Dancing and ComedySportz are already scheduled. We look forward to seeing you at one or more of these events!

Talent

We know that Rush University students are not only academic geniuses but are also talented in the arts as well! We'd like to give you a chance to show your stuff!

During Festival of the Arts Week, you can display your visual or literary talents in the **Art Fair** or participate in the **Music Recital**. We look forward to your participation!

The *Rush Reporter*, is a Student Affairs publication and we welcome your writing talents. Don't be shy about submitting an article, poem, short story, etc. Call Ann or Doreen in Student Affairs, x2-6302 or stop by 023 Schweppe-Sprague Hall.

Theater and Sporting Events

Several times during the year, Student Affairs purchases group tickets for theater and sporting events. Tickets for the Cubs, White Sox, Civic Opera, Shubert Theatre, etc., have been available in the past and are offered to students at a reduced rate.

We also regularly sell discount movie tickets (Cineplex Odeon Theaters) for \$4.00 and in the spring and summer, discounted tickets to Six Flags Great America in Gurnee, Illinois (a few miles north of Chicago).



Off Campus Housing Information

Do you have the apartment hunting blues? Maybe we can help! The Office of Student Affairs has listings available which you can utilize by stopping in on Monday through Friday 8:00 am until 5:00 pm. We have listings for apartments for rent as well as forms that other students have filled out looking for a roommate or roommates. Apartment rental guides and CTA maps are available. We also have Chicago and suburban telephone directories available for your use. Stop in and see Ann, Doreen, or Cheryl. Our office is located in 023 Schweppe Sprague by the student lounge or call us at (312) 942-6302.

Don't be afraid to ask!

We hope that most of your questions have been answered in this publication. We have tried to cover almost everything you could possibly want to know about Rush University. Just in case we have overlooked something, please call the Office of Student Affairs at (312) 942-6302. Ann, Doreen, or Cheryl will be more than happy to help you!

Work Study Students Wanted

Work study eligible students are wanted for the following positions beginning Fall Quarter:

Financial Aid Office

Clerical Worker - 2 positions available
\$6.25/hr. Hours vary per week
Needed to file, photocopy, type, answer phones
Contact: Bob Dame, Director Financial Aid
942-6256

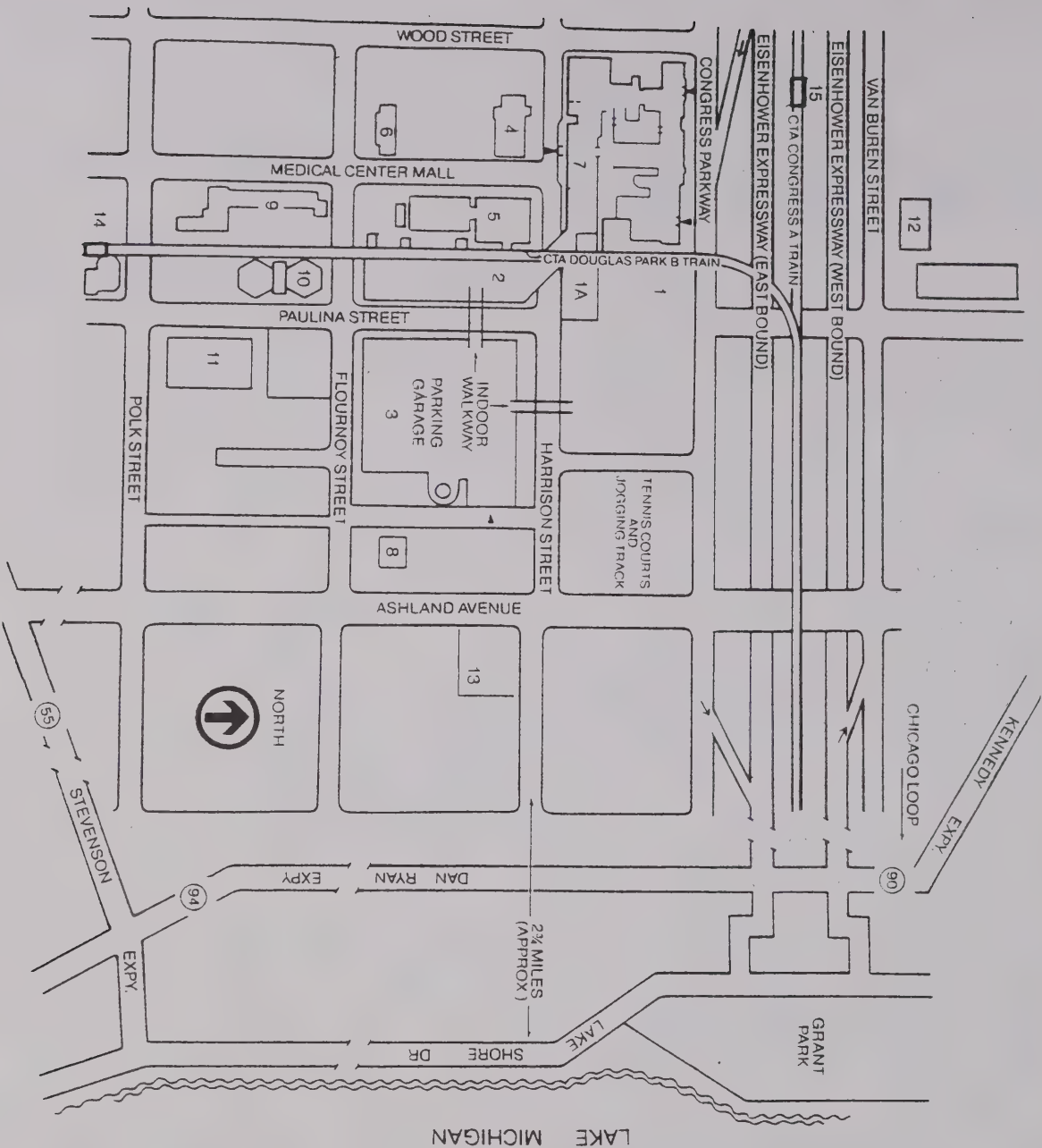
Registrar's Office

Student Aide - 1 position available
\$6.25/hr Needed 10 hours /week
Needed for filing, data entry, collating mailings, delivery, etc. Must be detail oriented!
Contact: Ann Schuppert, Assistant Registrar
942-5681

You
Are
Here!



To help you find your way to Rush



**Rush-Presbyterian-St. Luke's
Medical Center
Rush University Campus**

1. Presbyterian-St. Luke's Hospital/
Atrium
- 1A. Woman's Board
Cancer Treatment Center
2. Academic Facility (Ac. Fac.)
Employee and Student Cafeteria
3. Parking Garage
4. Schweppe-Sprague Hall
5. Professional Building
6. Kidston
7. Jelke Building
8. Laurence Armour Day School
9. Marshall Field IV
Mental Health Center
10. Johnston R. Bowman
Health Center for the Elderly
11. Human Resources Center for
Employee Development &
Employment Services
12. 1700 West Van Buren
Office Building (Anchor-Rush)
13. Inn at University Village

Public Transportation

14. CTA Douglas B Train Station
15. CTA Congress A Train Station



Printed on Recycled Paper

Rush *reporter*

They're Ba-ack!

Welcome and welcome back, Rush Students! The summer went by so quickly and we at the Bookstore were so busy we hardly had a chance to miss you! But now that you are back, we are thankful to, once again, have someone to amuse us with their highlighter and candy purchases.

If you are one of the new kids on the block you probably haven't already heard me yap about "bulimic book buying." If you're not new, you can probably skip this paragraph. If you are new, take heed: *you could not possibly read all the books on your book list!* We do not want you saddled with books you'll never use. Nor do we want to see you in the return line. So, wait until your class starts before you buy. Several scenarios may take place. A.) You might only have to read a paragraph and the copy in the library might meet your needs. B.) Someone might give or loan you the book. C.) Someone might like to unload, I mean "sell" you their little used books. D.) If you're a medical student (and this might seem novel to you), the recommended tome might not meet your needs at all and a smaller (and possibly cheaper) book might be better for you.

When you buy a book to take to the beach or on a plane, you might like a trashy romance novel. I might like a nice mystery while the person in the lawn chair next to me might be reading a self-help book. Reference, review and textbooks, by the same token also have a varied appeal. What worked well for your big sib might net you a big

"D" or "fail" on your first exam. So, look the books over before you buy. The library is an excellent resource for this. You're going to be buying a lot of books in the future, so you might as well start now to be an educated book consumer. Books are too expensive to buy unwisely (unless you're on a military scholarship).

And, while we're on that happy subject, let's just get it out of the way right now. Health science books tend to be more expensive than your undergrad books because the market is much smaller. If you feel your OT class is quite large, think of how many students were in your English 101 class! Consequently, publishers spend much more money on marketing (you might notice the big splash for the new *Dorland's Medical Dictionary*). And, before you form the opinion that the bookstore staff is vacationing in the Caribbean every other week, let me explain how books are priced. The bookstore is charged 20% less than the price you see on the label. Since we give you a 10% discount we only have the other 10% for salaries, expenses, the donations your organizations request, and those free highlighters you demand at the beginning of every quarter. In addition, we donate about \$23,000 to the general scholarship fund so keep those thoughts in mind when you try to return a book you've already written your name in.

Now, I hope you don't get the impression that I'm trying to talk you out of buying books. Au contraire, Pierre! We'll sell you the whole store, but we'll all read a lot happier if we buy the books we really need. Enjoy your year!

Volunteers Needed

The Health and Fitness Program of the Employee Health Services department is organizing the second annual health risk assessment screening for all eligible employees as part of the Flex Benefits program. This assessment will include completion of a health profile questionnaire, blood pressure and cholesterol screening as well as determination of height, weight and body fat.

By participating in this voluntary screening, Rush employees will receive \$50.00 of "Wellness Credits", for the 1995 benefits period. This screening will take place in the first floor Atrium, Monday through Friday, September 19-30. The hours of the screening will be from 10:00 a.m. until 6:00 p.m. the week of the 19th and from 6:00 a.m. until 2:00 p.m. the week of the 26th.

We are looking for volunteers (employees or students) to assist in the assessment process and would invite your participation in any portion of the screening (biometrics, counseling, etc.). **We would greatly appreciate any amount of time that you would be able to donate.** There will be a volunteer appreciation luncheon in Room 500 following the screening. Please contact Dawn Weddle, Health and Fitness Coordinator, at extension 2-2817 with any questions or to schedule your participation. We look forward to hearing from you!



OFFICE OF FINANCIAL AID

119 Schweppe Sprague Hall

942-6256

SCHOLARSHIPS

Pro Therapy of America is offering a \$5,000 grant to physical and occupational therapy students in their final year of study. Awardees must agree to a one-year commitment, and will receive an attractive benefit package which includes furnished housing and continued educational funding. Applications may be submitted at any time, and are available in the Financial Aid office.

The John Gyles Education Fund offers scholarships up to \$2500 to students in any area of post-secondary study. Applicants must be U.S. or Canadian citizens and may apply through October 31, 1994. Contact the Office of Student Financial Aid for further information.

The Jon P. Weisinger Memorial Scholarship is available to full time undergraduate or undergraduate nursing students. Applicants must demonstrate financial need and be in good academic standing. Students may receive up to \$1500 per year and must agree to work in an AIDS related field for at least one year after graduation. Contact the Financial Aid office for applications.

The REACH Foundation will award five \$1,000 scholarships to full or part time undergraduate students. Applicants must be 25 or older, demonstrate financial need, and have a cumulative GPA of 2.5/4.0. Applications must be submitted by October 1, 1994 and are available in the Financial Aid office.

Work Study Positions Available

The Office of Financial Aid is seeking two Work Study eligible students to assist in filing, photocopying, light typing, and answering phones.

Hours are flexible and rate of pay is \$6.25 an hour. If interested, contact Bob Dame in 101 Schweppe, or call 942-6256.

The Office of the Registrar is seeking a detail oriented student to assist in filing, alphabetizing, mailings, delivery, and data entry. The rate of pay is \$6.25 an hour. The student is needed to work 10 hours a week. If interested, contact Ann Schuppert in 101 Schweppe, or call 942-5681.

Payroll needs a Work Study eligible student to work 20 hours a week at \$6.00 per hour assisting with filing. If interested, contact Joann Garbacz at 942-5623.

Continuing Medical Education Office needs a Clerical Assistant to help with light typing, filing, and Xeroxing. The hours vary and the rate of pay is \$6.25 an hour. If interested, contact Vickie O'Sullivan at 942-7119.

Rush University Bookstore needs three students to assist in pricing, shelving books, running the register, and stocking supplies. Work Study students are needed to work 10-15 hours a week at \$6.25 an hour. Contact Paula Smith at 942-5332 if you are interested.

The Library of Rush University is looking for a serials assistant. This person will help with journals and will also be doing light typing and computer input. Interested students should possess good communication skills and be eligible for Work Study. The hours are flexible and the wage is \$6.25 per hour. Please contact Philip Adrian at x2-2276.

Otolaryngology is seeking a Work Study student to work 20 hours (negotiable) a week at \$6.50 an hour to assist

in filing, photocopying, and light typing. If interested, contact Kathleen Brehner at 942-8053.

HHS SCHOLARSHIP PROGRAMS

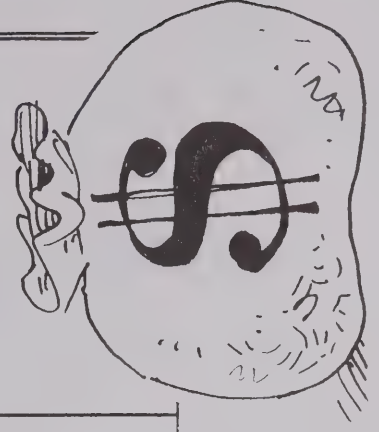
The Department of Health and Human Services (HHS) provides funds to medical schools to award to students meeting the criteria of the programs as established by the Congress. Each year, the Financial Aid office submits an application for funding from the EFN, FADHPS, LDS and SDS programs (see program descriptions in the chart on the following page).

Each program has specific eligibility requirements that must be met in order to receive the scholarship. All these programs require parent information to assist in establishing eligibility.

For 1994-95, Rush Medical College was awarded 4 EFN scholarships and 2 FADHPS scholarships. If you wish to be considered for any of these programs, please notify Financial Aid of your interest. Specific questions about program eligibility or awarding should be directed to Robert Dame, Director.



| NAME | <u>LDS</u> Loan for Disadvantaged Students | <u>EFN</u> Exceptional Financial Need Scholarship | <u>FADHPS</u> Financial Assistance for Disadvantaged Health Profession Students | <u>SDS</u> Scholarship for Disadvantaged Students |
|--------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|
| MAXIMUM AWARD TO STUDENT | <p>Total amount cannot exceed tuition plus \$2,500 (combined total with HPSL)</p> <p>For 3rd/4th year - may be increased to pay balances of loans made to student, for attendance from sources other than HPSL, PCL, or LDS</p> | Tuition and all other reasonable educational expenses (minus living expenses) | Tuition and all other reasonable educational expenses (minus living expenses) | May not exceed average cost of attendance |
| STUDENT ELIGIBILITY | <p>A) Environmental disadvantage or</p> <p>B) Family size vs. Income Level (93-94)</p> <p>1 - \$9,419 2 - \$12,202 3 - \$14,523 4 - \$18,596 5 - \$21,930 6 - \$24,648</p> <p>Student must demonstrate financial need.</p> | <p>Resources do not exceed the lesser of \$5,000 or one half of the cost of attendance</p> <p>A) Environmental disadvantage or</p> <p>B) Family size vs. Income Level (93-94)</p> <p>1 - \$9,419 2 - \$12,202 3 - \$14,523 4 - \$18,596 5 - \$21,930 6 - \$24,648</p> <p>Resources do not exceed the lesser of \$5,000 or one half of the cost of attendance</p> <p>PC - student is required to sign an agreement to enter & complete a residency training program in primary health care & practice in primary health care for 5 years after completing the residency training.</p> | <p>A) Environmental disadvantage or</p> <p>B) Family size vs. Income Level (93-94)</p> <p>1 - \$9,419 2 - \$12,202 3 - \$14,523 4 - \$18,596 5 - \$21,930 6 - \$24,648</p> <p>Exhibits financial need with respect to attending such school</p> | |



Inside the Student Counseling Center

Marilyn Johnson, Ph.D.

For many people, the best part of starting a new school year is beginning and/or renewing friendships. For others, this is the scariest part; they may doubt their capacity to form friendships and so see loneliness as an all but inevitable prospect. These topics, friendship and loneliness, have received a lot of attention in recent social psychological literature. Perhaps a look at a small part of this literature can suggest some ideas on how to promote friendship and reduce loneliness.

In one study, new undergraduates tracked the development of their friendships over their first quarter. They assessed themselves on a number of dimensions every three weeks during this period. At the end of the quarter, 63% of the students had developed at least one close friendship. There was a strong correlation between students' initial strong motivation for friendship and the intensity of their friendships at the end of the quarter. Close friendships involved a lot of interaction initially and this interaction was not affected by distance; in fact, a number of strong friendships were formed between individuals who lived relatively far apart. Those students who defined themselves as shy were not hampered in developing friendships. To sum up, it appears that those students who strongly wanted friends got them; they worked hard at the friendships through investing time, energy and even travel, when necessary. And shy persons made friends even without powdermilk biscuits (apologies to Garrison Keillor).

Another study of friendship among young adults indicated that personal satisfaction was related to friendship density. Density was defined as interconnectedness among one's friends; thus, if your good friends were friends with each other as well, you felt

more satisfied with your life and less lonely. This certainly makes sense since such a network engenders something of a family feeling.

Studies of friendship almost inevitably reveal sex differences. The friendship development study revealed that friendships among men were characterized by companionable activity while friendships among women emphasized emotional sharing. As a group, men did not display casual affection with close or nonclose friends but females were affectionate with their close friends. These findings reflected the behaviors of the students; their opinions about friendship differed to some extent. When they were asked to define the benefits of friendship, women and men agreed that close friends provided emotional support and companionship. Both sexes agreed that a primary cost of friendship was in emotional aggravation; as they got to know their friends better, they occasionally became impatient with them. Let me hasten to add that they felt that the benefits strongly outweighed the costs.

Sex differences appeared in the density study also. Friendship density or extent of social network, was more important for men than for women; more men than women felt lonely if they had small social networks. In general, the men were more group oriented, sharing interests, activities and attitudes with a number of friends. Women tended to prefer dyadic relationships focused on emotional sharing and interests. It seems reasonable that, given their desire to confide and share their feelings, women would prefer smaller groups and that, given their desire to engage in activities, men would prefer larger groups. The sex differences reported in these two studies have been replicated elsewhere; friendship seems to serve different needs for men and women. Certainly these

findings are not true of all men or all women but they seem to reflect the responses of the majority of young adults.

The absence of friendship, for most of us, leads to loneliness. Scholarly volumes have appeared which discuss the nature of loneliness at different points in the life cycle, chronic vs. temporary loneliness, therapeutic efforts to reduce loneliness, etc. Two recent studies investigated the relationship of self-disclosure to loneliness in college students and reported interesting findings, some of which were correlated with sex of student. In the first study which assessed attitudes, the males who rated themselves as the loneliest in the group were those with the lowest rates of self-disclosure to females. The loneliest females had the lowest rates of self-disclosure to both females and males. In other words, the women need self-disclosing relationships with women as well as men, while the men needed this only with women.

The second study investigated loneliness and actual self-disclosure and reported the following results: (a) lonely students self-disclosed less than non-lonely students; and (b) overall, lonely students chose to disclose less intimate topics with their opposite-sex partners than did non-lonely students and these partners reacted to lonely students by choosing less intimate topics themselves. The authors suggest that lonely people do not feel as trusting of others, perhaps especially of others of the opposite sex, as do non-lonely people and therefore they are more guarded in the level of disclosure they make. It also appears that non-disclosing students discouraged their partners from disclosing. This is a good example of how and why many superficial conversations die on the vine. Finally, it is not

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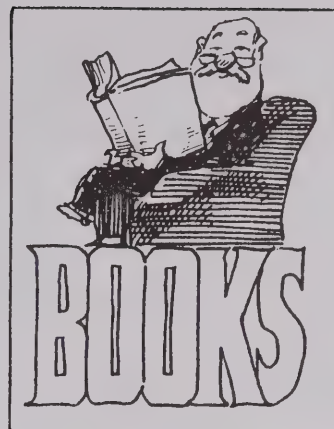
surprising that the lonely students had greater difficulty disclosing to opposite sex partners; most young adults feel somewhat nervous in any and all prospective dating situations.

There seem to be two basic elements in lonely students' difficulties. First, many of them have not developed the skills to interact comfortably; many of these skills (active listening, light conversational techniques, etc.) can be learned by nearly everyone. The second element is related more to previous unfortunate experiences with others and to the feelings and interpretations flowing from them. Such feelings and interpretations can convince otherwise bright and capable individuals that they are socially inadequate and likely to stay that way. These concerns too can be addressed and modified by those willing to examine some of the assumptions that maintain them.

There are probably three groups of people along the friendship development continuum: one group will make friends almost without effort, another will or will not make friends depending on the situation, and the third group will probably not form friendships without making some personal changes. If you feel you belong in the third group, let me encourage you to talk it over with the Student Counseling Services staff.

To all newcomers to Rush, I hope you will take advantage of the opportunity to make friends. No one here knows your friendship track record and, believe me, everyone else is scared too and afraid of being the only person in the class who doesn't know anyone. Even if it has been difficult to make friends in the past, you are in a good position to succeed now because of the professional school structure; you will be in intense contact with at least a small group of other students in clinical or laboratory situations. Since you're all in the same leaky lifeboat, you might as well get to know the other passengers.

WHO LOVES



What They're Reading on College Campuses

1. *In the Kitchen With Rosie*
by Rosie Daley
2. *The Chamber*
by John Grisham
3. *The Client*
by John Grisham
4. *Magic Eye*
by N.E. Thing Enterprises
5. *The Book of Virtues*
by William J. Bennett
6. *The Shipping News*
by E. Annie Proulx
7. *Embraced By the Light*
by Betty J. Eadie with Curtis Taylor
8. *Oh, the Places You'll Go*
by Dr. Seuss
9. *The Celestine Prophecy*
by James Redfield
10. *Men Are From Mars, Women Are From Venus*
by John Gray

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RUSH UNIVERSITY COLLEGE OF NURSING

OFFICE OF STUDENT SUPPORT SERVICES

A HEARTY WELCOME to all of our new students and to students who took the summer quarter off. We hope you are all ready for a new and exciting academic year in our dynamic College of Nursing.

Policy Reminders

1. **Health**—Please submit proof of an updated TB test to the Office of Student Services in 1418 SSH no later than the 20th of September.

2. **OSHA**—All students, undergraduate and graduate, must have training and testing. New prelicensure students have their OSHA sessions in their Foundations class. All others will be scheduled for the training and testing unless they show proof of having already done it. Sessions will be offered on September 19th and 26th from 12 to 1 p.m. and from 2 to 3 p.m. The sessions will be in 317 SSH. You must show proof of current compliance such as a letter or a certificate to Marie Aldridge in 1418 SSH.

3. **CPR**—All students must have current CPR certification. If you have not updated your certification, please do so without delay.

YOU WILL NOT BE PERMITTED TO DO YOUR CLINICAL PRACTICUM IF YOU ARE NOT IN COMPLIANCE WITH ALL HEALTH, OSHA AND CPR REQUIREMENTS.

Fall Quarter Prelicensure Graduates

NCLEX application procedures—An orientation to applying for the NCLEX exam is planned for Tuesday, October 18 from 10 to 11:30 a.m. **Attendance is Mandatory.** We will discuss the exam, the application, when you may begin employment as an RN/LP and related matters. You must attend orientation in order to get your application. This should help you avoid confusion and errors in the process.

Professional Events

The ***NURSING SPECTRUM CAREER FORUM** WILL BE HELD AS FOLLOWS:

Thursday, October 6, 1994 at the Oak Lawn Hilton
and

Tuesday, October 11, 1994 at the O'Hare Marriott

***STUDENTS ARE ADMITTED FREE!! CHECK YOUR SCHEDULES AND PLAN TO GO!**

AMERICAN JOURNAL OF NURSING MEDICAL/ SURGICAL AND GERIATRIC NURSING CONFERENCE, OCTOBER 16-19, 1994, PALMER HOUSE HILTON

Student Day is Monday, October 17 when Senior Students who are members of NSNA can attend for \$20.00. Other seniors can attend for \$25.00.

NSNA MID-YEAR CONFERENCE, MILWAUKEE, WISCONSIN, NOVEMBER 11-16 AT THE MILWAUKEE CONVENTION CENTER. NSNA members have information and fliers for non-members which can be picked up in Student Affairs.

Scholarship Opportunities

Illinois League for Nursing scholarships for Seniors!

The ILN has two \$1000 scholarships for full-time students who meet the following criteria:

1. GPA of 3.5 on a 4.0 scale
2. Above average clinical performance
3. Above average communication skills
4. Leadership in an organization and/or community service

Rush will nominate one student from qualified applicants. You may obtain an application from Dr. Haynes in 1418SSH.

American Cancer Society Scholarships in Cancer Nursing for Master's and Doctoral Students.

Applications are available in 1418SSH. The deadline for submitting applications is February 15, 1995.

National Health Service Corps Student Opportunities!

Nurse Practitioner students!! Apply for a NHSC scholarship. You may get payment of tuition and fees, books,

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supplies and equipment for up to 4 years of education and a monthly stipend. For each year of support, you must serve one year in a health professional shortage area after graduation.

Improve Your Writing Skills:

Dr. Rosemary Camilleri will be offering her popular advanced writing course again this Fall here at Rush. She will also offer her workshop on how to write a term paper. These courses are non-credit offerings offered by Dr. Camilleri at Rush for students' convenience. The offerings will be as follows:

Advanced Writing Course: A course designed for people who must write for their professions and who wish to write better and faster. The course will run from September 29th through December 8th, and will meet every Thursday (except Thanksgiving), from 4 to 6:30 p.m. The cost is \$259.00, including the textbook.

HOW TO WRITE GRADUATE TERM PAPERS: A FOUR-HOUR WORKSHOP

The workshop will be offered on Monday, October 10, 1994 from 1 to 5 p.m. The cost is \$30.00, including the workbook.

WELCOME FROM NSNA

Welcome to new and returning nursing students from the Rush Board Members of the National Student Nurses' Association.

Welcome back to all of you returning from a well earned summer vacation and hello to all just starting the program here at Rush.

We hope your summer was happy and restful and that you're ready for a busy, exciting, and challenging fall quarter!

Be sure to watch announcements (both in your mail files and on bulletin boards) about an Army Lunch scheduled for October and plans for the mid-year conference held in Milwaukee in November. Check the bulletin boards on the third floor of Schweppe for all our events, meetings, announcements, etc.

Your NSNA Board Members are:

Kathy Miksis - President

Krista Samatas - Vice President

Julie Kim - Convention Coordinator

Deanne Reedquist - Membership Recruitment

Kerry Quinn - Newsletter Editor

Kathryn Elshoff - Secretary

Roberto Cantore - Treasurer

Please contact any of the board members with comments, questions, or concerns.

We're looking forward to a great year!

ATTENTION ALL UNDERGRADUATE PRELICENSURE STUDENTS

The Student Nurses' Association and the United States Air Force invite you to lunch!!

Tuesday, September 20, 1994

12:00 p.m. - 1:30 p.m.

Schweppe Auditorium

The menu will include chicken, mostaccioli, salad, and other delicious things. The Air Force will be sharing information about their nursing programs and you will have the opportunity to meet new recruiting staff members. **Dessert's included too, so come for lunch and learn about the Air Force!** Also, watch for the upcoming lunch with the Army on **Tuesday October 4, 1994** in Schweppe Auditorium. **All nursing students invited!**

RESOLVE TO BE INVOLVED

College of Nursing

Elections for student representatives to Standing Committees within the College of Nursing will take place at the end of September. Positions are available for the following committees:

| | |
|---------------------|-----------------------------------------|
| Admissions: | 1 undergraduate 1 MS or ND 1 DNSc |
| Affirmative Action: | 1 Undergraduate 1 Graduate |
| Curriculum: | 1 Undergraduate 1 Graduate |
| Evaluation: | 1 Undergraduate 1 Graduate |
| Faculty Resources: | 1 Undergraduate 1 Graduate |
| Faculty Senate: | 1 Undergraduate 1 Graduate |

For more information on any committee, please contact Ann or Doreen in Student Affairs, x26302.

ACADEMIC SKILLS CENTER

Michael J. Harris, Ph.D., Director

Study Skills - Learning Skills

The learning skills materials presented here have proved beneficial to students at the University of Lowell (Massachusetts) over a period of five years. They teach those who use them to be more active learners. The underlying philosophy is that asking questions is the key to learning. Who, what, where, when and why questions will help a student when she takes notes, works on reading assignments and communicates (verbally or in writing) in class.

It would seem obvious that when any learner recognizes her potential to be better at learning, a positive outcome is more likely. If the learner understands that hers is the ultimate responsibility for learning outcomes, she will achieve maximally academically.

The successful learner is goal directed. The effective learner is able to break down chosen goal into sub-goals which she applies to each assignment to get it done thoroughly and on time. These are the critical learning skills that must be learned. There are three stages of learning - input, organization and output.

- During input, the student gathers new information. Question-generation facilitates understanding and memorization of the new information.

- During the organizational stage, the student organizes information into categories. The techniques of information mapping are valuable in this stage.

- In the output stage, the student demonstrates mastery of material. Success in this stage is critical since the student will be graded on examination performance not on what she has learned.

Successful students

- Ask questions of new material presented in lectures or books
- Break up large tasks and complex ideas into smaller parts
- Test themselves informally, to see how much they are learning

Generating Questions From Lecture Notes

If one is able to generate questions from lecture notes, she can understand the questions raised by the subject area being studied. Step number one is to get organized. I would recommend that you consider changing the way you take notes.

- Get a law-ruled notebook or create your own note sheets by drawing a vertical margin 3 inches from the left edge of the sheet.

- When you take class notes, write only in the right hand section of the note sheet. Take as many notes as you can. Even if you get confused (or behind) keep writing.

- As soon as possible after class, read over your notes.

- Try to view what you have written as a series of answers to questions - and write the questions in the empty left hand section of your note sheet. Visualize this process as a way of writing an examination on your notes. The questions should directly reflect what you have written down.

How Can Writing Questions Lead To More Organized Notes?

If you take a few minutes at the end of each class to write questions in the margins of your notes, you will find that you understand more in class. As you listen for new questions, you will hear the material in a more organized way.

Asking good questions is a process which requires daily practice. Here are some hints:

- Write full questions, not just phrases. Asking real questions improves learning.

- The most important questions ask more. Why questions, How questions, What is the relation between questions - are the better forms - and more likely to reflect important issues.

- Combine several small questions into larger essay type questions.

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After you have generated good questions for all subject areas, you must test yourself at home to make certain that you really understand the material. Do this five or ten minutes per course several times each week. Test yourself in an active way. Talk out loud to yourself. Make sure that you do this every day to reinforce your learning. Being an active participant in your own learning by asking questions.

(Modified from freeware available through the ERIC database on America Online)

WEATHER AND OTHER EMERGENCIES

Oh, the weather outside is frightful but at Rush it's so delightful . . . NOT! I know, we're all hoping for a mild and dry winter, but let's face it . . . the possibility of hazardous weather conditions or other emergencies that could cause a school closing do exist. Rush University has adopted the following policy regarding this situation.

RUSH UNIVERSITY WILL REMAIN OPEN EXCEPT IN THE MOST UNUSUAL WEATHER CIRCUMSTANCES OR OTHER EMERGENCIES. In all cases, faculty and students directly involved in providing patient care functions are expected to make every reasonable effort to be on campus. Purely didactic classes may not be held on certain days when traveling is judged to be exceptionally hazardous or difficult.

Expect that Rush will close only when the conditions are exceptionally hazardous or difficult, which occurs very rarely. In most cases, the University will be open. (It has not been closed even once in the last 18 years.)

Authorized school closings will be announced on the following radio and television stations: WGN, WIND, WMAQ, WCFL, WBBM-FM, WCLR, WFYR, WYEN, WGN-TV, AND WFLD-TV. The telephone operators at RPSLMC will also be notified in the event school is closed. PLEASE DO NOT CALL OTHER OFFICES OR PERSONS.

Questions about this policy may be directed to Student Affairs, 023 Schweppe or call x2-6302. Let it snow, let it snow, let it snow, NOT!

CALLING ALL STUDENTS!

Share summer vacation memories and meet new friends at a familiar gathering spot, the Library! Welcome in Fall by checking out the numerous resources tucked away in your little corner of the 5th floor, AcFac. Search OVID, our network of databases, any time you need journal article references from MEDLINE (1966 TO THE PRESENT), PSYCINFO, CINAHL (NURSING), HEALTHPLAN, AIDSLINE or CancerLit. Don't forget about learning to use our computerized catalog LIS (Library Information System) to find books, journals and audiovisuals to help with your studying.

Save time by letting us locate, copy, and deliver photocopies of articles for that first major paper through our Document Delivery/Interlibrary Loan Service.

Try us out for literature searches, reserve materials, quiet study areas, and our relaxing reading area. Remember the 4th floor McCormick Learning Resource Center for audiovisuals, group viewing rooms, 24 hour study area, audiocassette recorders, and typewriters.

Hurry in to get your barcode on your I.D. so we can help you earn those "A" grades at the end of the quarter!

LIBRARY FALL HOURS

| | |
|-------------------|------------------|
| Monday - Thursday | 7 a.m. - 12 a.m. |
| Friday | 7 a.m. - 6 p.m. |
| Saturday | 9 a.m. - 6 p.m. |
| Sunday | 1 p.m. - 9 p.m. |

McCORMICK LEARNING RESOURCE CENTER FALL HOURS

| | |
|-------------------|------------------|
| Monday - Thursday | 8 a.m. - 11 p.m. |
| Friday | 8 a.m. - 6 p.m. |
| Saturday | 9 a.m. - 6 p.m. |
| Sunday | 1 p.m. - 7 p.m. |

WE NEED YOU!

The Office of Student Affairs is looking for one student from the following classes and/or programs to serve as class representatives:

M1, M2, N3 (Jr. Nursing), N4 (Senior Nursing), Medical Technology, Perfusion Technology, Occupational Therapy, Clinical Nutrition, Health Systems Management, Speech/Language Pathology, Audiology, and the Graduate College.

As a class representative you will be responsible for assisting the Office of Student Affairs with dissemination of information regarding events and activities to members of your class or program. This may involve chalking boards in lecture halls, handing out flyers, making announcements in class, etc. For more information, contact Ann or Doreen at x2-6302.

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MAILBOX ALERT

All medical students and prelicensure/GEL nursing students have been assigned an on campus mailbox or mail file. Medical student boxes are located next to the student lounge on the 7th floor of the AcFac. Nursing students can find their mail files in the Student lounge, 023 Schweppe.

No U.S. mail will be delivered to on campus mailboxes or files. Please make arrangements to have all personal mail, including journals and magazines sent to your home address. Questions regarding mailboxes should be addressed to the Office of Student Affairs, 023 SSH, x26302.

The Office of Student Affairs no longer maintains mail files for students in masters or doctoral nursing, health sciences or graduate college programs.

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CALLING ALL RUSH STUDENTS!

School's back in session and you've made it through the first week!! Please join us for the first T.G.I.F. of the year! The Alumni Association of Rush Medical College invites you to a welcome barbecue for all new and returning students on Friday, September 16, 1994 on the Schweppe Patio. From 4:30 p.m. to 7:00 p.m. Rush Medical College Alumni will be on hand to serve up burgers and refreshments and to entertain you with tales from days past. This will be a great opportunity to meet Rush Medical School alumni and visit with classmates. Please R.S.V.P. by calling the Alumni office at 942-7165.

CAREER SERVICES FOR PRELICENSURE STUDENTS

As the old saying goes, "Time flies when you're having fun". Hopefully your time here at Rush has included some fun and good memories along with all the hard work you've put in. However your time was spent, it's now time to think about preparing for the next step . . . the job search.

As you may or may not know, the Office of Student Affairs is here to help you get ready for that step. We provide assistance in helping you construct a *resume*. We will type it for you and keep it on a computer disk here in our office for changes you may want to make in the future. We will also help you in the same way with *cover letters* to go with your resume.

Another important component of your job search will be to have a *reference file*. The Office of Student Affairs will provide you with reference forms to give to your instructors and other individuals whom you would like to use for references. We will keep your reference file in our office for 5 years and we will send your references out to potential employers as directed by you.

In order to help you get started, if you haven't yet done so, or keep you moving along your job search path if you have, we will be holding a *Job Search Preparation Workshop* on **Tuesday, October 25 from 12:15 p.m. - 1:00 p.m.** This workshop will be held in the *Student Lounge, 023 Schweppe*. It will include information to help you with your resume, more description of the services we can offer you, and hints for writing cover letters and interviewing.

Remember, preparation is one important key to success. We hope to see you Tuesday, October 25!

Help!

HELP WANTED

Proctors are needed for assisting in the administration of the Registered Dietitian Exam. The exam will take place on Saturday, October 22, 1994. A proctor's time commitment is from 7:30 a.m. until about 2:00 p.m. The test location is Schweppe Auditorium. Pay is \$57.00. Three proctors are needed. If you are interested, please contact Doreen in Student Affairs at x26302.



RUSH UNIVERSITY OCTOBERFEST

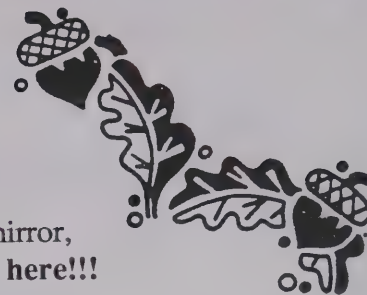
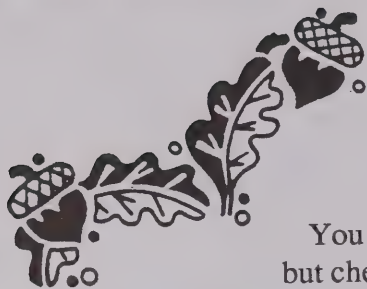
It's back!! That great celebration to welcome fall . . . OCTOBERFEST! On Friday, September 30, Schweppe Auditorium will once again be transformed into a carnival of fun. From 3:00 p.m. to 6:30 p.m., come enjoy the festive atmosphere. German music, strolling entertainers, bratwurst and beer (real and unleaded) will all be part of this special Rush celebration. Rush student organizations will be there to greet you. The first 200 frauleins and herrs will receive a Rush University annual collector's stein.

Eat, drink, and celebrate fall!



Rush students enjoying "Moctoberfest '93"





Fall Quarter Events

You can tack this to your bulletin board or tape it to your mirror,
but check it once or twice a week because the **fun at Rush is here!!!**

Monday, September 12th

7:30 - 10:30 a.m. **Kick-Off Breakfast**
(Schweppe Auditorium)

Friday, September 16th

4:30 - 7:30 p.m. **The First T.G.I.F. for '94/'95**
(Schweppe Patio)
Sponsored by Rush Medical College Alumni Association

Friday, September 30th

3:00 - 6:30 p.m. **The Second Annual Rush Oktoberfest**
(Schweppe Auditorium)

Friday, October 7th

4:30 - 7:00 p.m. **T.G.I.F.** (Schweppe Auditorium)
Sponsored by the American Medical Student Association

Monday, October 10th

12:00 - 1:00 p.m. **Doughnuts and Cider Day**
(Schweppe Auditorium)

Friday, November 4th

6:00 - 7:30 p.m. **"Comedy Sportz"**
(A.B. Dick Auditorium)

Saturday, November 12th

8:00 p.m. **"A Christmas Carol"**
(The Goodman Theatre) (20 tickets available)

Tuesday, November 15th

1:00 - 4:00 p.m. **"Student Affairs Holiday Open House"**
(Schweppe Student Lounge)

Inquiries regarding any of the events listed above may be directed to the Office of Student Affairs, 023 Schweppe Sprague, x2-6302.

Rush *reporter*



OCCUPATIONAL THERAPY STUDENTS HELP CHILDREN PUT THEIR BEST FOOT FORWARD

The second year occupational therapy students presented the Lydia Home association with a \$400 gift certificate for new shoes this fall. The Lydia Home association is a residential facility that houses children who have been abused, abandoned or neglected. The goal of the organization is to provide a safe and therapeutic environment for the children who range in age from 4-14 years old.

The donation was ten percent of the \$4,000 raised by the "Rush Hour" cookbook sales. The cookbook was a collaborative class project by the second year students and it included 150 recipes from faculty and students. Anyone who missed out on the opportunity to purchase a copy of "Rush Hour" may still inquire about a few remaining copies in the university bookstore.

The balance of the funds raised by the sales supported the travel expenses of students attending the annual occupational therapy conference that was held July 9 - 13, 1994 in Boston, MA. Twenty students from the second year class were able to attend the conference marking one of the highest student attendance rates at the national conference in years.

THANKS FOR YOUR SUPPORT!

The OTSA would like to thank everyone for their support of our AIDS WALK effort and during our Octoberfest bakesale! Be on the lookout for raffle tickets for a winter weekend getaway to New York City (including a show!) Proceeds will support the O.T. students attending the national conference in Denver in April, 1995. For Your Information, OTSA raised over \$700 for the AIDS WALK in Chicago on September 18!!



Rush Occupational Therapy Students stop for a picture during AIDS WALK CHICAGO.



RPSLMC employees, Rush University students, faculty, and staff were well represented at AIDS WALK CHICAGO on September 18!

OFFICE OF FINANCIAL AID

119 Schweppe Sprague Hall

942-6256

MEDICAL GRADUATES' INTEREST IN PRIMARY CARE GROWS

Based on the results of the 1994 Medical School Graduation Questionnaire (GQ), the percent of medical graduates interested in pursuing generalist careers increased for the second year in a row. The percentage of graduates planning careers as family physicians, pediatricians or general internist had plunged from 34.1 percent in 1983 to 14.6 percent in 1992, but increased to 19.3 percent in 1993 and to 22.8 percent in 1994. "We are encouraged that these numbers represent more than just a transient blip, said AAMC president Jordan J. Cohen, M.D. "I think we are seeing the beginning of a turnaround."

While the generalist specialties have become more popular, the opposite is true within the medical and support specialties. Graduates planning careers in the internal medicine subspecialties declined from 16.4 percent in 1992 to 12.2 percent in 1994. The rates for those interested in the pediatric subspecialties dropped from 5.3 percent in 1992 to 4.5 percent in 1994.

The 1994 graduates rated the factors influencing their specialty choices in nearly the same hierarchical order as their predecessors of the preceding three years. The survey did not single out particular specialties or subspecialties; however, specialty choices in the aggregate appear to be most influenced by considerations of the quality and content of the specialty, the perceived fit with the graduate's personality and skills, favorable educational experiences

and patient care impressions, and the encouragement of teachers and role models.

The complete survey is available for review in the Office of Student Financial Aid.

SCHOLARSHIPS

The Air Force offers scholarships to students in Clinical Nutrition, Speech/Audiology and Medical Technology. The scholarship pays for tuition and fees, plus provides a monthly stipend in exchange for a service commitment. Complete information is available in Financial Aid.

The Navy is seeking M1, M2 or M4 students for their Health Professions Scholarship program. The Navy evaluates applications by considering "the whole person" including work experience and evidence of strong interest in the Navy and medicine. Applications are accepted from September to May and awarded based on the date of application. For further information contact the Navy health recruiter at (708) 657-2160/2169/2171.

Educational Assessment Systems is offering scholarships to Occupational Therapy or Speech/Language Pathology students. Awards of \$2,500 for one-year or \$3,000 for two-year service commitments are available. Applications will be accepted throughout the 1994-95 school year. Contact the Financial Aid office for Further information.

Pro Therapy of America is offering a \$5,000 grant to physical and occupational therapy students in their final year of study. Awardees must agree to a one-year commitment, and will re-

ceive an attractive benefit package which includes furnished housing and continued educational funding. Applications may be submitted at any time, and are available in the Financial Aid Office.

The John Gyles Education Fund offers scholarships up to \$2500 to students in any area of post-secondary study. Applicants must be U.S. or Canadian citizens and may apply through October 31, 1994. Contact the office of Student Financial Aid for further information.

The Jon P. Weisinger Memorial Scholarship is available to full-time undergraduate or undergraduate nursing students. Applicants must demonstrate financial need and be in good academic standing. Students may receive up to \$1,500 per year and must agree to work in an AIDS related field for at least one year after graduation. Contact the Financial Aid office for applications.

The LaSalle County Medical Society offers scholarships to medical students who have been permanent residents of LaSalle County, IL. Students must be in their third year of studies and must have been residents of LaSalle County at the time of application to medical school. Applications must be submitted by January 1, 1995 and are available in the Financial Aid office.

The Hellenic Medical Society of Chicago awards scholarships to medical students of Hellenic descent. Applicants must demonstrate academic achievement and have at least one parent of Hellenic extraction. Applications must be submitted by January 6, 1995 and are available in the Financial Aid office.

ARE YOU SEEKING EMPLOYMENT?

College Admission Services, 119 Schweppe Sprague is seeking a Work Study eligible student for six to eight hours a week (flexible). The job might consist of addressing and sending out mailings to Colleges and invitations to students for campus visits, entering data from phone inquiries regarding various University programs, etc. The salary is \$6.25 per hour. Interested students should contact Phyllis Peterson at 942-7100.

The Department of Communication Disorders & Sciences, Speech & Hearing Clinic is seeking a Work Study eligible student to assist with general office tasks and to help out with clinic projects. The hours are flexible and the work is interesting! If you would like to apply for this position call 942-5332.

The Payroll Department is looking for one Work Study eligible student for filing and general office duties. The wage is \$6.00 per hour and approximately 20 hours per week are required. If you are interested in this position call Joann Garbacz at 942-5623.

Otolaryngology is seeking an Office Assistant for approximately 20 hours per week. Duties would consist of filing, photocopying, light typing, etc. The rate of pay is \$6.50 an hour. Call Kathleen Behner at 942-8053 if you are interested in this position.

The Office of Student Affairs is seeking a Work Study eligible student for 10-12 hours per week. The rate of pay is \$6.00 an hour and the qualifying student must be able to work at least two lunch hours (12:00 - 1:00 p.m.) and two evenings (5:00 - 10:00 p.m.) Interested students should call Ann or Doreen at 942-6302.

Communication Disorders and Sciences seeks a Work Study eligible student for six to eight hours per week. This clerical position pays \$6.50 an hour. Call Dr. Meyer at 942-5332.

Continuing Medical Education (520 AcFac) needs a Clerical Assistant for light typing, filing, and copying. Hours vary and the rate of pay is \$6.25 per hour. Call Vickie O'Sullivan at 942-7119 if you are interested in this position.

The Registrar's office, 101 Schweppe, is seeking a detail oriented student for alphabetizing, filing, mailings, delivery, and data entry. This position requires a commitment of approximately 10 hours a week and the qualifying student must be Work Study eligible. The rate of pay is \$6.25 per hour. Contact Ann Schuppert at 942-5681.

The Office of Financial Affairs is seeking two Work Study eligible students to work in the Financial Affairs/Bursar's department. A commitment of

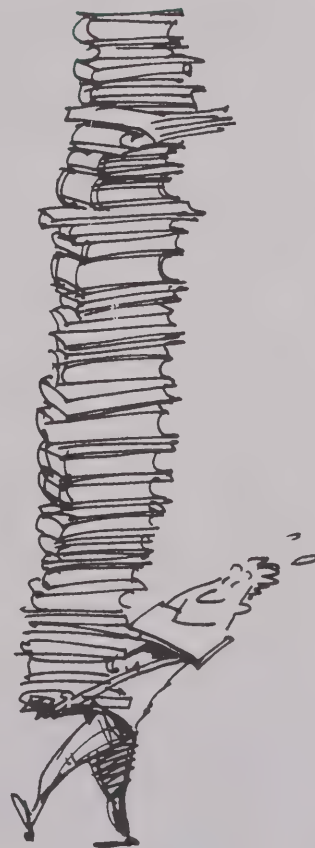
approximately 10 hours a week is required (business hours) and the rate of pay is \$6.00 per hour. Call Financial Affairs Manager, Jane Scopelliti at 942-6849 if you are interested in one of these positions.



Hicela Castruita, Financial Aid Counselor, and Lynette Robinson, Secretary, joined the Office of Financial Aid this fall. Stop by and say hello!

What They're Reading on College Campuses

1. **The Shipping News**,
by E. Annie Proulx
2. **Like Water for Chocolate**,
by Laura Esquivel
3. **The Client**,
by John Grisham
4. **Debt of Honor**,
by Tom Clancy
5. **Forrest Gump**,
by Winston Groom
6. **Politically Correct Bedtime Stories**,
by James Finn Garner
7. **Without Remorse**,
by Tom Clancy
8. **Smilla's Sense of Snow**,
by Peter Hoeg
9. **The Celestine Prophecy**,
by James Redfield
10. **In the Kitchen With Rosie**,
by Rosie Daley



Inside the Student Counseling Center

Marilyn Johnson, Ph.D.

David Soglin and Lori Fitzsimmons got married when they graduated from Rush Medical College in 1983. You might expect that after they finished their residencies in pediatrics (David) and internal medicine (Lori), they would get jobs and settle into a relatively comfortable life. On the contrary. Since she was a small girl, Lori wanted to travel and above all she wanted to visit New Guinea. They decided that this was the perfect time to travel so they explored possibilities for going to New Guinea to provide some type of medical care. They finally located the International Human Assistance Program which contacted a physician from the New Guinea Department of Health; he invited David and Lori to spend a year in his department. They accepted his offer eagerly and left almost immediately.

Home base for them was Enge, a remote province in the New Guinea highlands. Until the 1930s, this area was thought to be uninhabited; afterward it was discovered to be the most densely populated area in the country. Enge has 200,000 citizens scattered over tribal lands; they do not live in villages but are spread out in order to protect their land. David and Lori lived in a "modern" house at the edge of a plateau on which important events took place: pig trades, sing-sings, discussions of war. These discussions were rarely intelligible to the Americans as 700 languages (not dialects) are spoken in New Guinea; this amounts to over half of the world's languages. Life in New Guinea is difficult especially because the people have been wrenched so rapidly into the 20th century; missionaries came only in the 1960s. An example of the recency of their introduction to life as we know it is that the first wheel the people ever saw was on an airplane. They fear the new and they still have the old fears of tribal fights.

Some of what David and Lori learned about health and illness in Enge follows. New Guineans believe in animism. They believe that all injuries must bleed in order to remove the evil and this produces a number of medical problems. For example, the pulmonary problems which are the greatest killers of children and adults are exacerbated when incisions are made in the lower chest to "get rid of the evil"; the wound is packed with leaves and this area then frequently becomes infected and does indeed result in the fluids which they feel must be expelled.

The pulmonary problems which plague New Guineans arise from the fact that their homes have mud roofs, not chimneys, so it is as if the homes are on fire most of the time; the air is full of smoke and ash particles. Pneumonia is very commonly the final fatal disease. There is a good deal of cigarette smoking in the country as well which just increases the number of pulmonary illnesses. In addition, chronic malnutrition and diarrheal illnesses are common. Also, measles epidemics kill many children because they are malnourished. David and Lori saw some typhoid and leprosy but not much malaria because they were in the highlands where it was cold.

Social strife accounts for health problems as well. About one half of male hospital inpatients suffer wounds from tribal fights and about one half of the female hospital inpatients suffer from beatings by their husbands. Little child abuse is seen, however. Among infants, the mortality rate is 8%; among children under 5, it is 15%, and the mean life span of adults is 48-49 years.

Health care in Enge is far different than in the United States. Health care is delivered in health centers and at aid posts. Health centers are hospitals ranging from 6-bed buildings to those with

110 beds. Caregivers in the health centers are one to two nurses at the smallest centers and physicians at the largest. Five physicians care for the whole population of Enge. Aid posts are outpatient centers in which treatment is provided by orderlies, who are elders trained in first aid able to administer antibiotics. It is the goal of the Enge Department of Health to have an aid post within two hours travel time of all citizens of the province.

New Guinean nurses receive three years of training post high school; health extension officers receive four to five years of training post high school, and physicians receive six years of training and internship post high school. There is a medical school in the capital. The three largest health centers can perform X-rays, CBCs and urinalyses. Medical supplies are not varied but there is a lot of what is needed, particularly antibiotics and antiparasitics and antimalarial drugs.

The physicians and nurses speak English since public education is in English. "Pidgin" language, a patois with a small vocabulary, can be picked up in about a month and a half. People in the towns speak pidgin; tribal language is spoken in rural areas. History taking frequently is as follows: Physician to Patient - English to pidgin to tribal language; Patient to Physician - tribal language to pidgin to English.

David and Lori did very little patient care. Instead, four days each week they traveled to various health centers where they made inpatient rounds and teaching rounds; they attended most of the centers every three weeks, some of the smaller ones only every six weeks.

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The rural physicians, particularly, never receive observation or feedback on their work, and they almost never receive new information. David and Lori provided all of this so health care and morale improved as a result. They offered in-services on important topics and occasionally consulted on outpatients when it was requested. On the fifth days of each week, they worked at the main office in the county seat of Wabag. Over the course of their time in New Guinea, they were able to visit 14 of the 20 health centers; extreme mountainous terrain kept them from getting to the others. Traveling was not always easy and there were times when their driver refused to go into certain areas because it would mean crossing tribal lands where his life might be in danger.

Their greatest reward, they say, was that patient care clearly improved during their stay. David attributes a lot of this to the mere fact of their presence and interest and helpful information. They did not have to lay hands on patients to contribute to their improvement. Since their return, David held positions here in the Department of Pediatrics where he was course director for the medical students during their clerkships. He is now directing the pediatrics residency program at Cook County Hospital. He and Lori now have a son so David is experiencing pediatrics in a whole new way.

Interest in gaining experience with healthcare in other countries has grown considerably since David and Lori went to New Guinea. One sign of this is that Rush students have started a chapter of the International Federation of Medical Students' Associations (IFMSA). Another sign is that members of the Multicultural Affairs Coalition (MAC) frequently suggest program ideas which feature someone's out-of-country medical/nursing experiences. While our focus is primarily on improving understanding among the many different groups in this country, we occasionally sponsor a program on international

health, as we did in late October, and the IFMSA has this as their primary focus. So keep your eyes open for programs, or, if you've had some personal experiences of this kind, contact the IFMSA and get on their list.

JOIN OUR
CPR
Class! -

HEALTH AND FITNESS NEWS

Call 942-2817 to register for any of the following programs:

CPR Certification

Learn this lifesaving technique. First time certification and recertification will be given at this four hour seminar on Thursday, November 17 from 8:00 a.m. - 12:00 noon in Room 743 of the Academic Facility. Adult, adolescent and infant CPR will be covered. Bring your \$10.00 registration fee to the Health and Fitness office (110 Senn) November 1 - 11.

Great American Smokeout

Let this year be the year you quit smoking! The Health and Fitness staff will be providing free smoking cessation literature, a raffle drawing and a free gift to those who take on the non-smoking challenge during the Great American Smokeout on Friday, November 18. Health and Fitness staff will be available outside the cafeteria on Friday the 18th from 11:00 a.m. until 2:00 p.m.

Holiday Mocktails

Join Employee Health and Fitness in bringing in the holiday season with non-alcoholic mocktails inside the hospital cafeteria on Thursday, November 10 from 11:00 a.m. until 2:00 p.m.

Lunch 'N Learn

These brown bag seminars will help you to have a happy and healthy holiday season. Holiday Stress Management will be presented on Wednesday, November 16 at 12 noon in Room 205 Schweppe and Surviving the Holidays: Diet and Exercise Techniques will be held on Wednesday, December 21 at 12 noon in Room 211 of the cafeteria.

Self Breast Exam Class

Learn how to properly do this life saving technique. This 45 minute session will provide education on breast cancer risk factors, American Cancer Society guidelines and proper techniques for self breast exam. Free classes will be held in the Comprehensive Breast Center, 863 Professional building, at 12:00 noon on Tuesday, November 15 and December 6. Call 563-2325 to register.

ACADEMIC SKILLS CENTER

Michael J. Harris, Ph.D., Director

Modification of handouts from a presentation prepared by Catherine Trottier for the 18th Annual Conference of the National Association for Developmental Education, Kansas City, MO, March 3-5, 1994.

TAKING EXAMINATIONS

Let us assume that you have studied diligently for your examinations and are comfortable with the material. The goal of the examination is to explore your understanding of the material. The kind of examination - multiple-choice/time-limited, essay, oral, practical - will determine how you should organize material. Although each learner may have a particular preference for one or another kind of examination, most of us are experienced in many kinds of examinations. Consider the concept that **ALL EXAMINATIONS ARE VARIATIONS ON A THEME!**

Essay exams require that one organize the material into cohesive paragraphs. Objective (multiple-choice) exams call for selection of one or more responses based on materials read, heard or demonstrated in a course.

Since most of your exams at Rush will be multiple-choice (and many certification examinations are of this kind), what follows are suggestions which you may find helpful when you have an objective exam before you.

1. **Read the directions carefully.** Be certain that you understand what the test-maker wants you to do. If the directions are not clear or if you do not understand them, **ASK FOR CLARIFICATION.**
2. **Skim through the examination to see what kind of questions you will have to answer.**
3. **Take note what weights or points are assigned to a particular question.** Spend time on each question based on its "worth".
4. **Quickly develop a time plan for each section of the exam.**
5. **Answer the questions you are sure about first.** This will give you more time for the more difficult ones. "Bagging" the "gimmies" is a confidence builder and can be the basis for answers to other questions you may have uncertainties about.
6. **If you can eliminate all but two of the answers in a 4 or 5 part multiple-choice item, put a check mark by the answer you favor and come back to it later.** This eliminates the need to re-read the item and rethink it.
7. **Reserve enough time to go back and check your answers.** You may pick up an unintended error and earn valuable points.

ESSAY EXAMINATIONS

Essay examinations require that a test-taker not only recall details of material, but that the learner also organize these facts into thoughtful, lucid paragraphs. Avoid making the assumption that because you have studied diligently you will automatically receive a high test score. **The key is to be able to COMMUNICATE WHAT YOU KNOW.** To get full credit for your study efforts, here are some suggestions to consider when you write an essay examination.

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1. **Make sure you have enough of the proper materials** (sufficient sheets of paper extra pens or pencils) when you go into the examination room.
2. Again, **read all of the directions carefully**. You may not have to answer all of the questions before you. Also, note how many points each question is worth.
3. **Read all of the QUESTIONS**. If you have a choice, answer those questions you know the most about or are best prepared for.
4. **Make a brief outline of your answer before writing it out**. This will help you organize your thoughts BEFORE you begin writing.
5. **Try to think of and include at least one example to illustrate each of your main points**. This will demonstrate to the grader that you not only understand the material but are able to relate it to something else.
6. **If you are handed a photocopied question set and the test-maker expects you to respond on the same page, get to the heart of the answer right away!** Answer the question in the first sentence and then develop it with supporting details and with your own examples.

If you must respond on a separate sheet of paper, restate the question in your first line along with the heart of the answer. There should be no doubt about which question you are attempting to answer.

7. **Qualify your answer when you are not absolutely certain of it**. It is better to make a "certain estimate" than to make a "specific, detailed response" in such a case.
8. **Write on only one side of the paper and skip a line (or other appropriate space)**. This makes your paper easier to read and your answers appear longer.
9. **Write something for every question**. Even if you do not know the whole answer, some points are better than none at all. If you run out of time, at least outline your answer so that the grader can tell that you attempted to answer.
10. **Reread your responses**. Check for misspelling, omissions or illegible words. Be certain that you have answered the question that you were asked.
11. **Finally, make certain that you write your name on the test cover AND on every page of the exam in case the pages become separated.**

SUMMARY

- * BE SURE YOU HAVE WHATEVER MATERIALS YOU NEED IN THE TESTING ENVIRONMENT.
- * READ THE INSTRUCTIONS CAREFULLY. GET CLARIFICATION IF NECESSARY.
- * HAVE OR DEVELOP A TIME PLAN FOR EACH KIND OF TEST. ALLOW MORE TIME FOR "WEIGHTED" QUESTIONS OR FOR ITEMS THAT ARE MORE DIFFICULT TO ANSWER.

ATTENTION ALL NURSING STUDENTS

The College of Nursing is offering opportunities for you to have a voice in issues that affect nursing students and to build your resume through student leadership. Positions are open on the following Nursing Standing Committees and volunteers are needed to fill them:

Admissions: 1 MS or ND, 1 DNSc
Meets 2nd and 4th Mondays of every month, 1:00 - 2:00 pm.

Affirmative Action: 1 Undergraduate, 1 Graduate
Meets 1st Monday of every month, 3:00 - 4:00 p.m.

Evaluation: 1 Undergraduate, 1 Graduate
Meets 3rd Monday of every month, 3:00 - 4:00 pm.

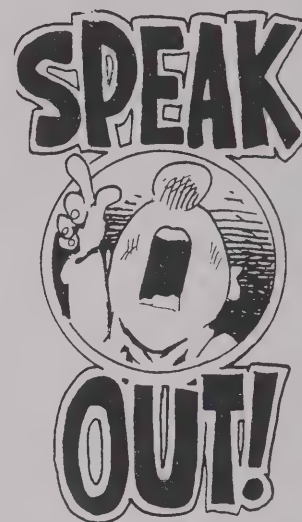
Faculty Resources & Development: 1 Graduate
Meets 1st Monday of every month, 3:00 - 4:00 p.m.

Student/Faculty Advisory: 1 MS, 1 ND, 1 DNSc
Meets 2nd Monday of every month, 3:00 - 4:00 p.m.

Student Scholarship: 1 Graduate
Meets 2nd Tuesday of the month, 12:00 - 1:00 p.m., as needed

Convocation: 1 Undergraduate, 1 Graduate
Meets 2nd Monday of every month, 3:00 - 4:00 p.m. as needed

If you are interested in any of these opportunities, contact Doreen in Student Affairs, x26302.



CONGRATULATIONS to the following students who will be representing nursing students on Nursing Standing Committees:



Kathy Miksis, Admissions Committee
Tom Gutchewsky, Curriculum Committee
Diana Wright, Curriculum Committee
Sueane Hemmer, Student/Faculty Advisory Committee
Natacha Pierre, Student Scholarship Committee
Dilini DeVas, Faculty Resource and Development Committee
Beth Staffileno, Faculty Senate
Gary New, Faculty Senate
Jennifer Heniff, Student Recruitment Committee
Vijay Banathia, Student Recruitment Committee
Betty Fadden, Admissions Committee
Elisa Mroz, Convocation Committee

WELCOME!

NATIONAL STUDENT SPEECH HEARING LANGUAGE ASSOCIATION

The NSSHLA would like to welcome it's newest members! We are excited to expand our membership and we hope that you will become involved. NSSHLA kicked off this year with a student/faculty pizza party in the Schweppe Sprague lounge. We also participated in Oktoberfest and were pleased with the great turn out of students! Thanks to all who participated.

Rush's NSSHLA's members will be represented at the American Speech and Hearing Association's convention in New Orleans. The convention is scheduled from November 18-20. Look for an update of this event in the next Rush Reporter.

SECURITY TIPS

With the start of the new academic year, we will see an increased number of people at the Medical Center.

Mark Schilling, Director of Security suggests the following safety tips:

1) Do not leave your car with valuables in plain sight. Lock all packages; cassette tapes, cellular phones, etc. in your trunk before leaving your vehicle. During the past year the Medical Center has seen an increase in thefts of valuables; especially telephones from cars left in the parking garage. Remember, thieves can't steal what they can't see.

2) Pickpocketing incidents are also on the rise in the Medical Center area. Pickpockets work in pairs and target people in enclosed areas such as elevators. Please be aware of where your purse or wallet is at all times. Report any suspicious activity to Security at x25678.

Information regarding crime statistics at the Medical Center is available in the Office of Student Affairs, 023 Schweppe. This information is available to anyone upon request.

SNA CORNER

Just as everyone has been busy with school, SNA has been busy planning sessions with various groups to discuss opportunities for all Nursing students at Rush. In September, the **Air Force**, in cooperation with SNA, sponsored a lunch for all nursing students interested in an Air Force career. It proved to be an informative afternoon, with good food, too!

The **Big Sib-Little Sib** lunch was also held in September. If anyone is still unsure of who their "sibling" might be, check the bulletin board outside room 317 SSH.

Elisa Mroz had the opportunity to attend the Illinois State SNA Convention in Effingham, Illinois. She would be happy to discuss the convention with anyone who might like more information!

SNA has several events coming up and encourages those of you who would like to get involved to please do so! We still need volunteers to sign up to work at the **Homeless Shelter**. It's a great experience and a **great place to practice your assessment skills**. Contact Kerry Quinn for more information.

The National Student Nurses Association Midyear Convention is going to be in Milwaukee November 3 - 6. The convention is a great way to gain information on NCLEX reviews and jobs. There are several workshops on different specialty areas in nursing. It's also a great way to make contacts. For more information, talk to one of the SNA Officers.

Keep an eye out for more SNA activities. Signs, along with the minutes from the SNA meetings, will be posted on bulletin boards in Schweppe, especially outside 317 SSH.

LIBRARY NEWS

Should old acquaintance be forgot . . . **Bye, Bye miniMEDLINE!**

The Library's miniMEDLINE will be brought down permanently on January 1, 1995. When miniMEDLINE debuted at Rush in August, 1985, it was one of the premiere MEDLINE automated search systems and included a subset of the database with 425 journals the Library owned. LIS, the Library's online catalog, will still be available.

In March 1994, the Library introduced OVID, including the complete MEDLINE database indexing all Index medicus journals from 1966 to the present. OVID users may limit their searches to Library holdings. In addition to MEDLINE, you also have access to the AIDSLINE, CancerLit, HealthPLAN, Nursing and PsycINFO databases.

If you are a miniMEDLINE user and have not tried searching OVID, register for a class between now and January 1st by stopping at the Reference Desk or calling extension 25952. **When the new year begins, miniMEDLINE will be a mere memory!**

STUDENT AFFAIRS TICKET WINDOW

The Office of Student Affairs, 023 Schweppe Sprague, will have tickets available to the following performances in November and December.

"A Christmas Carol" based on Charles Dickens' classic novel. Saturday, November 12. 8:00 p.m. show at The Goodman Theatre. 20 tickets are available at \$15.00 each. There is a purchase limit of two tickets per student. Ticket sales will begin Monday, October 31.

"Ringling Brothers and Barnum & Bailey Circus" featuring Romeo & Juliette, "the babies all America wants to see." Saturday, November 14. 11:00 a.m. show at the United Center. 26 tickets are available at \$10.00 each. There is a purchase limit of two tickets per student. Ticket sales will begin Monday, November 7.

"The Nutcracker" presented by Chicago Tribune Charities Fund. Sunday, December 11. 2:00 p.m. show at the Arie Crown Theatre. 30 tickets available at \$13.00 each. There is a purchase limit of two tickets per student. Ticket sales will begin Monday, November 14.

"Nutcracker on Ice" presented by Chrysler Cirrus, featuring Olympic Champions Oksana Baiul, Brian Boitano, and Viktor Petrenko. Friday, December 16. 8:00 p.m. performance at the Rosemont Horizon. 30 tickets available at \$12.00 each. There is a purchase limit of two tickets per student. Ticket sales will begin Monday, November 14.

"Les Miserables" based on Victor Hugo's classic novel. Monday, December 19. 7:30 p.m. show at the Auditorium Theatre. 40 tickets available at \$10.00 each. There is a purchase limit of two tickets per student. A drawing for the ability to purchase tickets will take place on Monday, November 7. Entry forms for this drawing were mailed to all registered students at the end of September.

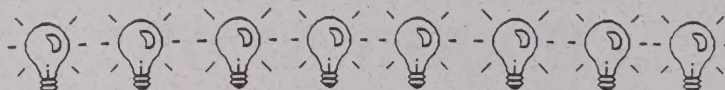
Celebrate the Holiday Season with Student Affairs!

Student Affairs will host a celebration of the holiday season on Tuesday, November 15. Take time out from your studies to stop in the Student Lounge, 023 Schweppe, and join in the merrymaking from 1:00 - 4:00 p.m. there will be food, music, movies, and lots of other fun. Help us ring in the season!

FESTIVAL OF LIGHTS

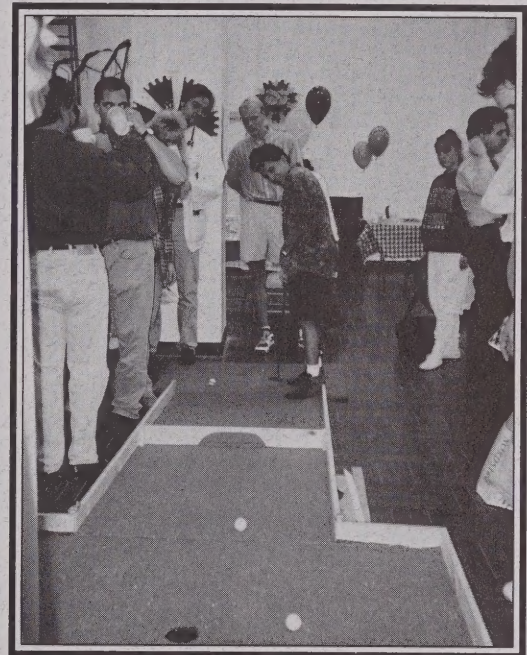
Come and help us celebrate the holiday season and learn about ethnic/religious customs from around the world at the Second Annual Festival of Lights. The event is planned for November 29th outside the 540 Academic Facility lecture hall at 12:00 noon. Students faculty and staff will have booths representing Jewish Chanukah, Christian Advent, African-American Kwanza, Hindu Diwali, and more. this event is co-sponsored by the Chicago Jewish medical Students and the Multicultural Affairs Coalition. For more information about participating, contact Ann Schuppert, International Student Advisor at x25681.

Many Rush students enjoyed Festival of Lights in 1993.



Were you at Octoberfest '94?

A big hearty thank you to all who participated in Rush University Octoberfest! The Office of Student Affairs hopes that all of you enjoyed it as much as we did. Below is a brief pictorial history of this most festive occasion! If you'd like to see more pictures, stop by Student Affairs.



We look forward to Octoberfest '95!

SPRING AND SUMMER QUARTER DEAN'S LIST

Congratulations to the following students in baccalaureate programs who earned at least a 3.50 quarterly grade point average for a full time course load during Spring and/or Summer 1994.

SPRING QUARTER

Medical Technology

Cynthia Bariamis
Cecilia Chua
Craig Horejs

Perfusion Technology

Darrell Fox
Elizabeth Kabrick

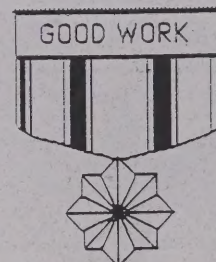
Undergraduate Nursing

Caroline Berezny
Megan Bishop
Anne-Marie Boblick
Jody Bormann
Maura Capaul
Joyce Clark
Cara Coomer
Laura Coulter
Georgia Curtiss
Tracy Donovan
Colleen Flanigan
Judith Ganz
Marianne Gutchewsky

Sharon Homa
Cynthia Humphrey
Ruth Johnson
Sonja Jovanovich
Brigid Kiley
Bridget Kilpatrick
Melissa Klein
Tracy Knopik
Cynthia Kunz
Leslie Long
Catherine McDaniel
Irma Mendez
Heather Moore
Catherine Narcavage
Dyan Overbeck
Roselyn Rafi
Laurie Rentschler
Michele Ross
Janean Rullman
Arlene Schwenk
Elvira Stawarski
Karen Stromsland
Susan Trossman
Bronwyn Watson
Katrina Wright
Suzanne Yoder

Graduate Entry Level Nursing

Jennifer Bestland
Susan Breitenstein
Francisco Chang
Julie Chesterton
Darryl DuVall
Karen Dummer
Kathryn Elshoff
Lauren Foster
Leslie Gardner
Julie Kim
Kevin McBride
Danielle Mele
Colleen O'Brien
John Pond
Deanne Reedquist
Beth Slutsky
Barbara Stettner



SUMMER QUARTER

Undergraduate Nursing

Ashley Kent
Will Toporoff

Graduate Entry Level Nursing

Dawn Anderson
Jennifer Bestland
Amy Bliss
Ellen Blood
Nichelle Bogan
Susan Breitenstein
Belinda Brown
Francisco Chang
Julie Chesterton
Gina Consolino

Jane DeMichele
Sharmila Dias
Gina Ditta
Karen Dummer
Michael Egan
Kathryn Elshoff
MaryJane Fink
Holly Fitzgerald
Kari Fleck
Lauren Foster
Leslie Gardner
Marla Goldsmith
Robin Hauser
Heather Hromadka
Kenneth Hugel
Maria Ingarr
Anne Keller
Nadine Lamond

Thomas Lewandowski
Robert Lewis
Kevin D. McBride
Susan Meier
Michelle Mergener
Anthony Mitchell
M. Colleen O'Brien
Jan Odiaga
Staci Park
John Pond
Gail Selleg
Adriana Stettner
Barbara Stettner
Jean Van Drie
Antoinette Verlodt
Carol Warhanik
Amy Westapher
Pamela Wuczynski

